

Butcher

PUDDINGS

PROVED and APPROVED

BY
THE AUTHOR
OF
"TIPS FOR TEA."

64186

1/- NET.

Wine Jelly

- 2 Lemons and juice
 - 2 eggs beaten $\frac{1}{2}$ inch cream
 - 2 cloves $\frac{3}{4}$ & gelatine
 - 1 white & full egg
 - $\frac{3}{4}$ pt water & 1 yell
 - lemon juice & 1 pt liquor
-

Place all ingredients
in glass jar which
until boiling - then all
mixtures to settle - boil
twice again - Pour the
even divided into
then when clear place

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PUDDINGS

Proved & Approved

BY

MABEL I. RIVERS^x

(Staff Teacher at the National Training School of
Cookery, Buckingham Palace Road, S.W.)

LONDON, 1909.

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PREFACE.

SEVERAL letters have reached me from users of "Tips for Tea" asking for a similar book on Puddings. It is in the hope that they have voiced a general want that I have written these recipes for hot and cold sweets. Some of the dishes given are quite simple, others are rather more elaborate, but equal care has been taken to ensure the trustworthiness of each recipe.

MABEL I. RIVERS.

LONDON.

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CHAPTER I.

STEAMED AND BOILED PUDDINGS.

Points to be Remembered in Making Puddings.

Points to be Remembered in Steaming Puddings.

Points to be Remembered in Boiling Puddings.

Apple and Sultana Roly-Poly Pudding.

Apricot Sponge Pudding.

Cherry Sponge Pudding.

Christmas Pudding.

Curd Pudding.

Date Pudding.

Duke's Pudding.

German Dumplings.

Glacé Cherry Puddings.

Golden Pudding.

Hastings Pudding.

Huntingdon Pudding.

Mincemeat Roly-Poly Pudding.

Orange Pudding.

Paradise Pudding.

Patriotic Pudding.

Plain Lemon Pudding.

Plain Plum Puddings.

Plum Pudding (without Eggs or Milk).

Preserved Ginger Pudding.

Princess Pudding.

Sandhurst Pudding.

Shelford Pudding.

Soda Pudding.

Spice and Raisin Pudding.

Strawberry Pudding.

Suet Pudding (Plain).

Suet Pudding (Rich).

Waltham Pudding.

Well Pudding.

POINTS TO BE REMEMBERED IN MAKING PUDDINGS.

1. Flour should always be passed through a wire sieve; doing this removes any lumps and aerates it and thus lightens the pudding.

2. When making bread crumbs rub the stale crumb of bread through a coarse wire sieve instead of grating it; the crumbs will be finer and it will take less time.

3. Suet chops more easily if it is first cut into thin shavings. The skin should be removed, and if flour or bread crumbs are going to be used some may be sprinkled over the suet to prevent it clogging together.

Never use extra flour to chop with suet, this would spoil the proportions of the pudding. Suet should be chopped more finely for a steamed or baked than for a boiled pudding. If time is an object, pass the suet twice through a mincing machine instead of chopping it.

4. Raisins should be washed in tepid water if they seem dirty, and then dried in a clean cloth. Cut each raisin, then with the thumb and finger take out the pips. Have ready a basin of warm water in which to dip the fingers and get rid of the pips.

5. Sultanas unless very dirty, can be rubbed in flour to cleanse them. The stalks should be picked off.

6. Currants should be washed and dried, or cleaned, like sultanas, with a little flour.

7. The sugar should be removed from candied peel before it is cut up.

8. When grating lemon rind do not rub the same spot more than twice. The white pith has a bitter flavour and should not be removed.

9. Peel a lemon as thinly as possible cutting through the small cells in the skin. This liberates the flavour.

10. Blanch almonds and pistachio nuts by dropping them into boiling water. Let them boil for one minute, strain them and rub off the skins.

11. To cream butter and sugar, place the two in a basin and beat them together with a wooden spoon until they are white.

12. Leave a pudding to shrink for a few minutes before turning it out. Loosen it gently from the sides of the basin, put the dish over the top, reverse it, and take off the basin.

POINTS TO BE REMEMBERED IN STEAMING PUDDINGS.

1. The water over which the pudding is steamed must be kept boiling.

2. If a steamer is not available, put the pudding into a saucepan with sufficient boiling water to come halfway up the basin. The water must be kept boiling the whole time, and as it boils away more boiling water must be added.

3. The basin must be greased to prevent the pudding sticking.

4. The basin should not be quite filled so as to leave room for the pudding to rise.

5. The top of the basin should be covered with greased paper to prevent the condensed steam on the lid from dropping into the pudding.

6. Puddings containing custard, and soufflés, should be steamed slowly.

POINTS TO BE REMEMBERED IN BOILING PUDDINGS.

1. The water should be boiling quickly when the pudding is put in, and it must be kept boiling.

2. There should be enough boiling water in the saucepan to cover the pudding.

3. As the water boils away more boiling water should be added.

4. The basin must be greased to prevent the pudding sticking.

5. The basin should be filled, or the water will get in.

6. If there is not sufficient pudding to quite fill the basin, it may be filled up with crusts of bread, but they must be removed before the pudding is turned out.

7. A scalded and floured cloth should be tied over the top of the pudding basin.

8. When boiling a pudding in a cloth put a plate in the bottom of the saucepan to prevent the pudding sticking to the pan.

APPLE AND SULTANA ROLY-POLY PUDDING.

$\frac{1}{2}$ lb. Suet Paste (see Suet Pudding, rich or plain, pages 16-17).	3 large Apples. 3 ozs. Sultanas. 2 ozs. Demerara Sugar.
--	---

Peel, core, and slice the apples. Roll out the suet paste to an oblong shape about one-third of an inch in thickness. Spread the apples over the surface of the paste and sprinkle the sugar and sultanas over them. Damp the edges with water and roll up. Tie the roll rather loosely in a dry cloth and boil for two hours. Turn out the pudding on to a hot dish and serve at once.

APRICOT SPONGE PUDDING.

$\frac{1}{4}$ ozs. Flour.	1 tablespoonful Milk.
$\frac{1}{4}$ ozs. Butter.	$\frac{1}{2}$ teaspoonful Carbonate of Soda.
$\frac{1}{4}$ ozs. Demerara Sugar.	Foamy Sauce (see page 82).
2 Eggs.	
2 tablespoonfuls Apricot Jam.	

Sift the flour and carbonate of soda on to a piece of paper. Cream the butter and sugar and beat in the eggs one at a time. Add the flour, soda, apricot jam, and milk, and stir all lightly together. Put the mixture in a greased basin, cover with greased paper, and steam for two hours. Turn out the pudding and serve with foamy sauce.

CHERRY SPONGE PUDDING.

6 ozs. Flour.	2 Eggs.
3 ozs. Butter.	2 tablespoonfuls Milk.
3 ozs. Castor Sugar.	Glacé Cherries.
1 teaspoonful Baking Powder.	Chocolate Sauce (see page 81).

Grease a pudding basin and line it with halves of glacé cherries (the cut side should be next the basin).

Sift the flour and baking powder on to a piece of paper. Cream the butter and sugar till white and beat in the eggs one at a time. Lightly stir in the flour and milk and pour the mixture into the prepared basin. Cover with greased paper and steam for one and a half hours. Turn out and serve with chocolate sauce.

CHRISTMAS PUDDING.

1 lb. Suet (chopped).	1 large Apple (peeled and grated).
1 lb. Raisins (stoned and chopped).	1 large Nutmeg (grated).
1 lb. Currants (washed and picked).	A pinch of Ground Ginger.
1 lb. Sultanas (washed and picked).	A pinch of Salt.
1 lb. Sugar.	$\frac{1}{2}$ teaspoonful Mixed Spice.
$\frac{3}{4}$ lb. Mixed Peel (cut up).	1 Lemon Rind (grated).
$\frac{3}{4}$ lb. Bread Crumbs.	A few drops Essence of Almonds.
$\frac{1}{4}$ lb. Flour.	8 Eggs.
$\frac{1}{4}$ lb. Almonds (blanched and chopped).	1 gill Brandy.
1 large Carrot (peeled and grated).	$\frac{1}{2}$ gill Sherry.
	Brandy or Hard Sauce (see pages 80-83).

Put all the dry ingredients into a basin and mix them together. Beat the eggs, add the brandy and sherry, and stir all well together. Put the mixture in one large or two small greased basins, and cover the top with a paste made of flour and water (this keeps in the flavour of the pudding). Tie a pudding cloth over the paste and boil for eight or nine hours without stopping. The pudding improves by being kept for a week or two, and should be re-boiled for about two hours before it is needed for table. Take off the cloth, cut away the paste, and turn out the pudding. Serve with brandy or Hard sauce.

CURD PUDDING.

1 quart Milk.	2 tablespoonfuls Bread
2 teaspoonfuls Essence of Rennet.	Crumbs.
2 Eggs (beaten).	2 ozs. Currants.
2 ozs. Butter.	1 oz. Castor Sugar.
2 tablespoonfuls Flour.	Grate of Nutmeg.
1 tablespoonful Brandy.	Grated Rind of $\frac{1}{2}$ Lemon.
	Jam Sauce (see page 83).

Slightly warm the milk, add the essence of rennet, and pour it in a pie-dish. When the curd has set, tie it firmly in a piece of muslin, hang it up and leave it to drain for a few hours. Rub the curd and butter through a hair sieve, add the flour, bread crumbs, currants, castor sugar, nutmeg, grated lemon rind; brandy, and eggs (which should have been well beaten). Put the mixture in a greased basin, cover with greased paper, and steam gently for two hours. Turn out and serve with jam sauce.

DATE PUDDING.

5 ozs. Dates.	$\frac{1}{3}$ gill Milk.
5 ozs. Castor Sugar.	$\frac{1}{2}$ teaspoonful Vanilla
4 ozs. Bread Crumbs.	Essence.
2 $\frac{1}{2}$ ozs. Butter.	German Sauce (see page
1 Egg.	82).

Stone the dates, cut them in small pieces, and mix them with the bread crumbs. Cream the butter and sugar together until they are white, add the egg, and beat it well in. Stir in lightly the bread crumbs, dates, milk, and vanilla essence, and put the mixture into a greased pudding basin. Cover with greased paper and steam for one and a half hours. Turn out and serve with German sauce.

NOTE.—Figs may be used instead of dates.

DUKE'S PUDDING.

5 ozs. Bread Crumbs.
4 ozs. Suet (chopped).
4 ozs. Apples (peeled,
cored, and chopped).
4 ozs. Castor Sugar.
2 Eggs.

1 Lemon (rind grated
and juice strained).
Grate of Nutmeg.
Lemon Sauce (see page
83).

Put the bread crumbs, suet, apples, sugar, grated lemon rind, and nutmeg in a basin, and mix them together. Beat up the eggs, and add them with the lemon juice to the other ingredients. Put the mixture in a greased pudding basin, cover with greased paper and steam for two and a half hours. Turn out the pudding and serve with lemon sauce.

NOTE.—This is a rich pudding and must be turned out carefully.

GERMAN DUMPLINGS.

4 ozs. Bread Crumbs.
4 ozs. Flour.
4 ozs. Butter (melted).

1 tablespoonful Hot
Water.
Pinch of Salt.

Sift the flour and salt into a basin, and mix the bread crumbs with them. Melt the butter, add the hot water and stir them to the other ingredients. Shape the mixture into balls about the size of a walnut (do this without flouring the hands) and drop them into boiling water. Boil gently for about twenty minutes until they begin to sink. Serve with stewed fruit.

GLACÉ CHERRY PUDDINGS.

1 Egg and its weight in
Butter, Castor Sugar,
and Flour.
 $\frac{1}{4}$ teaspoonful Baking
Powder.

1 tablespoonful Milk.
 $1\frac{1}{2}$ ozs. Glacé Cherries
(cut in small pieces).
Cherry Pudding Sauce
(see page 80).

Sift the flour and baking powder on to a piece of paper. Cream the butter and sugar together until they

are white, then beat in the egg; stir in lightly the flour, baking powder, milk and cherries. Put the mixture into six or eight greased dariole moulds, cover with greased paper and steam the puddings for about half-an-hour. Turn them out on to a hot dish and serve with cherry pudding sauce.

GOLDEN PUDDING.

4 ozs. Flour.	3 ozs. Castor Sugar.
$\frac{1}{2}$ teaspoonful Baking Powder.	4 ozs. Golden Syrup.
Pinch of Salt.	1 Egg.
4 ozs. Suet (chopped).	$\frac{1}{2}$ gill Milk.
4 ozs. Bread Crumbs.	Golden Syrup Sauce see page 82).

Sift the flour, baking powder and salt into a basin. Add the suet, breadcrumbs, and sugar and mix thoroughly together. Beat up the egg, add the golden syrup and milk and stir them with the other ingredients. Pour the mixture in a greased pudding basin, cover with greased paper and steam for two and a half hours. Turn out and serve with golden syrup sauce.

NOTE.—Marmalade can be used instead of golden syrup. Lemon sauce should then be served with the pudding.

HASTINGS PUDDING.

4 ozs. Flour	1 Egg.
1 teaspoonful Baking Powder.	Pinch of Salt.
1 oz. Butter.	3 tablespoonfuls Raspberry Jam.
2 ozs. Castor Sugar.	1 tablespoonful Water.
Juice of 1 Lemon (strained.)	A few drops Carmine or Cochineal.
$\frac{1}{4}$ Pint Milk.	

Sift the flour, baking powder, and salt into a basin, rub in the butter, and add the sugar. Beat up the egg, add the milk, and stir them with the lemon juice to the dry ingredients. Put the mixture into a greased basin, cover with greased paper, and steam for two hours. Turn out the pudding. Boil the jam and water, colour with carmine, and strain it over and round the pudding.

HUNTINGDON PUDDING.

8 ozs. Flour.	1 gill Milk (about.)
5 ozs. Suet (chopped.)	1 Pint Gooseberries.
$\frac{1}{2}$ teaspoonful Baking Powder.	Pinch of salt.
3 ozs. Castor Sugar.	Sweet melted butter sauce
1 Egg.	(See page 84.)

Sift the flour, salt, and baking powder together in a basin, and add the suet, sugar, and gooseberries (which should have been washed and "topped and tailed.") Mix them together. Beat up the egg, add half the milk, and stir them to the other ingredients, adding the rest of the milk by degrees. Put the mixture in a greased basin, cover with greased paper, and steam for two and a half hours. Turn out the pudding, and serve with sweet melted butter sauce.

Note.—Apples, peeled, cored and sliced, cherries or currants can be used instead of the gooseberry.

MINCEMEAT ROLY POLY PUDDING.

$\frac{1}{2}$ lb. Suet Paste (see Suet Pudding, rich or plain, pages 16-17.)	$\frac{1}{2}$ lb. Mincemeat (see page 47.)
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Proceed as for Apple and Sultana Roly Poly Pudding. See page 5.

ORANGE PUDDING.

4 ozs. Flour.	Juice of 1 Orange
$\frac{1}{2}$ teaspoonful Baking Powder.	(strained).
4 ozs. Castor Sugar.	Rind of 1 Orange (thinly
2 ozs. Butter.	peeled and chopped).
2 Eggs.	Orange Sauce (see
	page 84).

Sift the flour and baking powder on to a piece of paper. Cream the butter and sugar together until

white, then beat in the eggs one at a time, and when thoroughly beaten stir in very lightly the flour, baking powder, chopped orange rind, and the juice of the orange. Put the mixture into a well greased pudding mould, cover with greased paper and steam for one and a half hours. Turn out and serve with orange sauce.

PARADISE PUDDING.

4 ozs. Bread Crumbs.	3 Eggs.
4 ozs. Sultanas.	Juice of $\frac{1}{2}$ Lemon.
4 ozs. Apples (peeled, cored, and chopped).	Grate of Nutmeg.
2 ozs. Castor Sugar.	Lemon Sauce (see page 83).

Put the bread crumbs, sultanas, apples, sugar, and nutmeg in a basin and mix them together. Beat up the eggs, and add them with the lemon juice to the other ingredients. Put the mixture in a greased basin, cover with greased paper and steam for two hours. Turn out the pudding and serve with lemon sauce.

PATRIOTIC PUDDING.

4 ozs. Flour.	1 teaspoonful Baking
2 ozs. Butter.	Powder.
2 ozs. Castor Sugar.	3 tablespoonfuls Golden
1 Egg.	Syrup.
$\frac{1}{4}$ pint Milk.	Pinch of Salt.

Sift the flour, baking powder and salt into a basin, rub in the butter, and add the sugar. Beat up the egg, add the milk, and stir these to the dry ingredients. Butter a pudding basin, pour in the golden syrup, coat the basin with it and put in the pudding mixture. Cover with a greased paper and steam for two hours. Turn out the pudding and serve.

PLAIN LEMON PUDDING

(Without Eggs or Milk).

8 ozs. Flour.	$\frac{1}{4}$ pint Water.
6 ozs. Bread Crumbs.	1 teaspoonful Baking Powder.
4 ozs. Castor Sugar.	$\frac{1}{2}$ teaspoonful Salt.
4 ozs. Suet (chopped).	Lemon Sauce (see page 83).
2 large or 3 small Lemons (rind grated, juice strained).	

Sift the flour, baking powder and salt into a basin, add the bread crumbs and chopped suet, and mix them together. Pour in the lemon juice, grated rind, and water, and stir them with the dry ingredients. Put the mixture in a greased basin, cover with greased paper and steam for three hours. Turn out and serve with lemon sauce.

PLAIN PLUM PUDDINGS.

1 lb. Flour.	1 teaspoonful Baking Powder.
1 lb. Suet (chopped).	Pinch of Salt.
1 lb. Bread Crumbs.	4 Eggs.
6 ozs. Sultanas.	$2\frac{1}{2}$ gills Milk (about).
6 ozs. Raisins (stoned).	Sweet Melted Butter Sauce (see page 84).
4 ozs. Candied Peel (cut up).	
$\frac{3}{4}$ lb. Castor Sugar.	

Sift the flour, baking powder, and salt into a basin, and the suet, bread crumbs, sugar, sultanas, raisins and candied peel, and mix them together. Beat up the eggs, add the milk, and stir them to the other ingredients. Put the mixture into two large or three small greased basins, cover each with a scalded and floured pudding cloth and boil for five or six hours. Serve with sweet melted butter sauce.

NOTE.—These puddings will keep for two or three weeks and should be reboiled for two hours before they are served.

PLUM PUDDING

(Without Eggs or Milk).

8 ozs. Flour (sifted).	4 ozs. Cooked Potato (mashed).
6 ozs. Raisins (stoned and chopped).	1 tablespoonful Golden Syrup.
6 ozs. Currants.	2 ozs. Candied Peel (cut up).
+ ozs. Suet (chopped).	Pinch of Salt.
+ ozs. Demerara Sugar.	Sweet Melted Butter
+ ozs. Cooked Carrots (mashed).	Sauce (see page 84).

Put the suet, flour, raisins, currants, sugar, salt and candied peel in a basin and mix them together. Add the potatoes, carrots, and golden syrup and beat all together with the hand. Put the mixture into a greased pudding basin and tie a pudding cloth over the top. Put the pudding into boiling water and boil for five hours. Turn out and serve with sweet melted butter sauce.

PRESERVED GINGER PUDDING.

6 ozs. Bread Crumbs.	Juice of 1 Lemon (strained).
+ ozs. Castor Sugar.	$\frac{1}{4}$ teaspoonful Ground Ginger.
4 ozs. Preserved Ginger (cut up).	2 Eggs (yolks and whites separated.)
3 ozs. Butter.	Hard or German Sauce
$\frac{1}{4}$ gill Ginger Syrup.	(see pages 83-82).

Mix the lemon juice and ginger syrup. Cream the butter and sugar, beat in the yolks of eggs, and add the bread crumbs, ground ginger, preserved ginger, ginger syrup and lemon juice. Whisk the whites of eggs to a stiff froth, fold them lightly in, and put the mixture in a greased basin. Cover with greased paper and steam for one and a half hours. Turn out and serve with Hard or German sauce.

PRINCESS PUDDING.

6 ozs. Bread Crumbs.	2 Lemon Rinds (grated).
2 ozs. Ratafia Crumbs.	2 Eggs.
3 ozs.* Suet (chopped).	1 gill Milk.
3 ozs. Castor Sugar.	Jam Sauce (see page 83).
2 ozs. Candied Peel (cut up).	

Put the bread crumbs, ratafia crumbs, suet, castor sugar, candied peel, and grated lemon rind in a basin and mix them together. Beat up the eggs, add the milk, and stir them with the other ingredients. Put the mixture in a greased basin, cover with greased paper, and steam for two hours. Turn out the pudding and serve with jam sauce.

SANDHURST PUDDING.

2 Eggs, and their weight in	1 oz. Castor Sugar.
Butter and Flour.	2 Eggs.
1 teaspoonful Baking	1 tablespoonful Milk.
Powder.	Lemon Sauce (see page
3 large tablespoonfuls	83).
Marmalade.	

Sift the flour and baking powder on to a piece of paper. Cream the butter and sugar and beat in the eggs one at a time. Add the marmalade, then the flour, baking powder, and milk. Put the mixture in a greased basin, cover with greased paper, and steam for one and a half hours. Turn out the pudding and serve with lemon sauce.

NOTE.—If liked a tablespoonful of marmalade can be added to the lemon sauce.

SHELFORD PUDDING.

5 ozs. Suet (chopped).
 5 ozs. Sultanas.
 2½ ozs. Castor Sugar.
 2½ ozs. Flour (sifted).
 2½ ozs. Bread Crumbs.
 Pinch of Salt.

2 ozs. Candied Peel (cut up).
 1 Egg.
 ¾ gill Milk.
 Grate of Nutmeg.
 Sweet Melted Butter
 Sauce (see page 84).

Put the suet, sultanas, sugar, flour, bread crumbs, salt, candied peel, and grate of nutmeg, in a basin and mix them well together. Beat up the egg, add the milk, and stir them with the other ingredients. Put the mixture in a greased pudding basin, cover with greased paper, and steam for two hours. Turn the pudding out and serve with sweet melted butter sauce.

SODA PUDDING.

5 ozs. Flour.
 3 ozs. Suet (chopped).
 2 ozs. Raisins (stoned).
 2 ozs. Brown Sugar.
~~1 oz.~~ Currants.
 2 tablespoonfuls Treacle.
 1 Egg.

1 teaspoonful Carbonate
 of Soda.
 ¾ gill Milk.
 Pinch of Salt.
 Golden Syrup Sauce (see
 page 82).

Sift the flour and salt into a basin, add the suet, sugar, raisins, and currants, and mix them together. Dissolve the soda in the milk. Beat up the egg, add the treacle and the milk. Make a well in the centre of the flour, pour in the milk, &c., and beat altogether (it should be very moist). Pour the mixture into a greased basin, cover with greased paper, and steam for three hours. Turn out the pudding and serve with golden syrup sauce.

NOTE.—Golden Syrup may be used instead of treacle.

SPICE AND RAISIN PUDDING.

10 ozs. Bread Crumbs.
 5 ozs. Flour.
 12 ozs. Suet (chopped).
 1 lb. Raisins (stoned).
 $\frac{1}{2}$ lb. Demerara Sugar.
 3 ozs. Candied Peel (cut
 up).

1 $\frac{1}{2}$ teaspoonfuls Mixed
 Spice.
 Grated Rind of 1 Lemon.
 3 Eggs.
 1 $\frac{1}{2}$ gills Milk.
 Pinch of Salt.
 Sweet Melted Butter
 Sauce (see page 84).

Put the bread crumbs, flour, suet, raisins, sugar, candied peel, spice, lemon rind, and salt into a basin and mix them together. Beat up the eggs, add the milk, and stir them with the dry ingredients. Put the mixture in a greased pudding basin, cover with greased paper, and steam for four hours. Turn out and serve with sweet melted butter sauce.

STRAWBERRY PUDDING.

6 $\frac{1}{2}$ ozs. Flour.
 3 ozs. Suet (chopped).
 1 breakfastcupful Straw-
 berry Jam.

$\frac{1}{2}$ teaspoonful Carbonate
 of Soda.
 2 tablespoonfuls Milk.
 Sweet Melted Butter
 Sauce (see page 84).

Sift the flour into a basin, mix the suet with it, and add the jam. Warm the milk, dissolve the soda in it, and stir them to the other ingredients. Put the mixture in a greased basin, cover with greased paper, and steam for three hours. Turn out the pudding and serve with sweet melted butter sauce.

NOTE.—Any kind of jam may be used.

SUET PUDDING (Plain).

$\frac{1}{2}$ lb. Flour.
 $\frac{1}{2}$ teaspoonful Baking
 Powder.

Pinch of Salt.
 $\frac{1}{4}$ lb. Suet (chopped).
 Cold Water to mix.

Sift the flour, salt and baking powder into a basin, and add the suet. Mix them together and add sufficient

water to form the whole into a soft dough. Tie the paste rather loosely in a dry cloth, put it into boiling water and boil for two hours. Turn out the pudding on a hot dish and serve with butter and sugar, golden syrup or jam.

NOTE.—A saucer should be put in the bottom of the saucepan to prevent the pudding sticking.

If liked this pudding may be put in a basin and steamed.

SUET PUDDING (Rich).

6 ozs. Flour.	Pinch of Salt.
2 ozs. Bread Crumbs.	$\frac{3}{4}$ gill Milk (about).
5 ozs. Suet (chopped).	

Sift the flour and salt into a basin and add the bread crumbs and suet. Mix them together and add sufficient milk to form the whole into a soft dough. Tie the paste rather loosely in a dry cloth, put it into boiling water and boil for two hours. Turn out the pudding on a hot dish and serve with butter and sugar, golden syrup or jam.

NOTE.—Sour milk may be used.

A saucer should be put in the bottom of the saucepan to prevent the pudding sticking.

If liked this pudding can be steamed in a basin.

WALTHAM PUDDING.

10 ozs. Flour.	6 ozs. Butter (melted).
$1\frac{1}{2}$ teaspoonfuls Baking Powder.	2 Eggs.
Pinch of Salt.	$\frac{3}{4}$ gill Milk.
6 ozs. Castor Sugar.	Lemon Sauce (see page 83).

Sift the flour, baking powder and salt into a basin, and add the castor sugar. Beat up the eggs, pour them in the centre of the flour, add the butter (which should have been melted) and mix thoroughly together, adding the milk by degrees. Butter a pudding mould, pour in the mixture, cover with greased paper, and steam for two hours. Turn out and serve with lemon sauce.

WELL PUDDING.

8 ozs. Flour.		$\frac{1}{2}$ teaspoonful Baking
5 ozs. Suet (chopped).		Powder.
Pinch of Salt.		3 ozs. Brown Sugar.
3 ozs. Butter.		Cold Water to mix.

X Sift the flour, salt, and baking powder into a basin, mix the suet with them, and add sufficient cold water to form a soft paste. Cut this into two pieces and roll out each till about the size of a dessert plate. Set the butter and sugar in the centre of one round of paste, damp the edges, and pleat them upwards, pressing them together so as to cover the butter and sugar. Put this dumpling on the second piece of paste, the joined side underneath, damp the edges, and join this one in the same way as the first dumpling. Tie it loosely in a dry pudding cloth, drop it into boiling water, and boil for two hours. Turn out the pudding and serve at once.

NOTE.—A saucer or small plate should be put in the bottom of the saucepan to prevent the pudding sticking.

CHAPTER II.

BAKED PUDDINGS.

Apple and Ratafia Pudding.

Baked Date Pudding.

Baked Roly-Poly Pudding.

Bakewell Pudding.

Bleak House Pudding.

Marion's Puddings.

Pippin Puddings.

Potato Pudding.

Toffee Fruit Pudding.

APPLE AND RATAFIA PUDDING.

1½ lbs. Cooking Apples.	2 ozs. Ratafia Biscuits.
3 ozs. Demerara Sugar.	2 Whites of Eggs.
½ pint Water.	2 ozs. Castor Sugar.

Dissolve the sugar in the water and let them boil for two minutes. Peel and core the apples, cut them into quarters and add them to the syrup. Simmer gently until the apples are tender, then stir in the ratafias, and pour the mixture into a greased pie dish. Whisk the whites of eggs to a stiff froth, add the castor sugar, and spread the meringue over the apples. Dredge well with castor sugar, and bake a light brown in a moderate oven.

BAKED DATE PUDDING.

2 ozs. Bread Crumbs.	3 gills Milk.
4 ozs. Dates (stoned and cut up).	2 Eggs (yolks and whites separated).
1 Apple (peeled, cored, and sliced).	2 ozs. Castor Sugar.
½ Lemon Rind (grated).	Glacé Cherries.
	Angelica.

Mix the bread crumbs, grated lemon rind, one ounce of castor sugar, and the stoned dates cut in small pieces. Grease a pie dish with butter and put a layer of the crumbs, &c., in the bottom of the dish. Cover with sliced apple and then more crumbs, &c. Beat up the yolks of eggs, add the milk, and pour gently into the pie dish. Bake in a moderate oven for one hour. Whisk the whites of eggs to a stiff froth, stir in the remainder of the sugar, and heap the meringue on top of the pudding. Dust with castor sugar, decorate with glacé cherries and angelica, and put the pudding in a cool oven to set the meringue. Serve hot.

BAKED ROLY-POLY PUDDING.

$\frac{1}{2}$ lb. Flour.	$\frac{1}{4}$ lb. Butter.
Pinch of Salt.	$\frac{1}{2}$ gill Cold Water (about).
1 teaspoonful Baking Powder.	1 gill Milk.
	$\frac{1}{2}$ lb. Jam.

Sift the flour, salt, and baking powder into a basin, rub in the butter, and mix them to a stiff paste with cold water. Roll out the paste to an oblong shape about one-third of an inch in thickness. Spread the jam over the surface of the paste, damp the edges with water, and roll it up. Put the roll in a large greased pie-dish, pour the milk over it, and bake in a moderate oven for about one and a quarter hours. Serve on a hot dish.

BAKEWELL PUDDING.

Trimnings of Rough Puff Pastry (see page 42).	$\frac{1}{4}$ lb. Butter.
Raspberry, Apricot and Greengage Jam.	$\frac{1}{4}$ lb. Castor Sugar.
	4 Yolks and 1 White of Egg.

Line a pie-dish and decorate the edges with rough puff pastry. Spread a layer of raspberry jam in the bottom of the dish, then put in a layer of apricot jam, and cover this with a layer of greengage jam. Cream the butter and sugar till white, and beat in the four yolks and the one white of egg. Pour this mixture over the jam and bake in a moderate oven for one hour. Serve cold.

BLEAK HOUSE PUDDING.

4 ozs. Flour.	1 oz. Castor Sugar.
2 ozs. Butter.	1 Egg.
$1\frac{1}{2}$ teaspoonfuls Baking Powder	1 tablespoonful Milk.
	3 tablespoonfuls Jam.

Sift the flour and baking powder into a basin, rub in the butter and add the castor sugar. Beat up the egg, add the milk, and stir them to the other ingredients.

Put the mixture in a well greased pie-dish, and bake in a moderate oven about forty minutes. Boil up the jam; if it is very stiff add a little water. Turn out the pudding and pour the hot jam over and round it.

MARION'S PUDDINGS.

$\frac{1}{2}$ lb. Flour.	3 ozs. Castor Sugar (light weight).
$1\frac{1}{2}$ teaspoonfuls Baking Powder.	3 tablespoonfuls Marmalade.
Pinch of Salt.	1 tablespoonful Milk.
3 ozs. Butter (light weight).	Lemon Sauce (see page 83)
1 Egg (beaten).	

Sift the flour, baking powder and salt into a basin, rub in the butter and add the sugar. Beat the egg, milk and marmalade together, add them to the other ingredients, and mix all to a soft paste. Butter some dariole moulds, half fill each with the mixture, and bake in a moderate oven about twenty minutes. Turn out, and serve with lemon sauce.

PIPPIN PUDDINGS.

2 Large Apples.	2 Yolks and 1 White of Egg.
2 ozs. Bread Crumbs.	1 tablespoonful Milk.
$1\frac{1}{2}$ ozs. Butter.	Browned Crumbs.
$1\frac{1}{2}$ ozs. Sugar.	Lemon Sauce (see page 83)
Grate of Nutmeg.	

Bake the apples and scoop out the pulp freed from skin and core. Cream the butter and sugar together till they are white, and beat in the yolks of eggs one at a time. Add the bread crumbs, apple pulp, milk and nutmeg. Whisk the white of egg to a stiff froth, and stir it lightly in. Grease some small dariole moulds, coat them with browned crumbs, and half fill them with the mixture. Bake for twenty minutes in a moderate oven. Turn out and serve with lemon sauce.

POTATO PUDDING.

Trimnings of Short Crust Pastry (see page 42).	1 Lemon (rind grated and juice strained).
$\frac{1}{2}$ lb. Mashed Potato.	$\frac{1}{2}$ gill Milk.
$\frac{1}{4}$ lb. Butter.	$\frac{1}{2}$ teaspoonful Baking Powder.
2 ozs. Castor Sugar.	Pinch of Salt.
2 Eggs.	

Line a pie dish and decorate the edges with pastry. Cream the butter and sugar till white, and beat in the eggs one at a time. Stir in the potato, grated lemon rind, lemon juice, salt, baking powder and milk, and pour the mixture into the prepared pie dish. Bake in a moderate oven three-quarters of an hour.

TOFFEE FRUIT PUDDING.

8 ozs. Short Crust Pastry (see page 42).	1 lb. Fruit.
2 ozs. Butter.	2 tablespoonfuls Cold Water.
4 ozs. Brown Sugar.	

Grease a pudding basin thickly with the butter and sprinkle in half the brown sugar. Roll out two-thirds of the paste until it is about twice the size of the top of the basin, and line the basin with it. Put in half the fruit (which should have been prepared), the remainder of the sugar and the water, and then the rest of the fruit. Roll out the small piece of paste, wet the edges and cover the basin with it. Twist a piece of greased paper over the top and bake in a moderate oven for about two hours. Turn out the pudding and serve hot.

CHAPTER III.

MILK PUDDINGS.

Boiled Custard No. 1.

Boiled Custard No. 2.

Bread and Butter Pudding.

Caramel Custards.

Cherry Custard.

Chocolate Rice Pudding.

Cornflour and Rice Pudding.

Marmalade Custard Pudding.

Nursery Pudding.

Rice and Marmalade Pudding.

Rusk Pudding.

Sago Pudding.

Scalded Pudding.

Semolina Pudding.

Sour Milk Pudding.

Steamed Bread Pudding.

Tapioca Pudding.

BOILED CUSTARD. No. 1.

$\frac{1}{2}$ pint Milk.		1 oz. Castor Sugar.
3 tablespoonfuls Cream.		Flavouring.
3 Yolks of Eggs.		

Put the milk in a stewpan over the fire, let it get hot but do not allow it to boil. Beat up the yolks of eggs, pour the hot milk over them, add the sugar, return all to the stewpan, and set the stewpan in a larger one half filled with boiling water. Stir the mixture over a gentle heat until it thickens, but it must not boil or it will curdle. Add the cream and flavouring, cook for a few minutes, stand the stewpan in cold water and stir the custard occasionally until it is cold. Pour it into custard glasses, shake a grate of nutmeg on top of each and serve.

NOTE.—It is necessary to stir the custard very thoroughly whilst it is cooking, if it is allowed to stick to the pan that portion becomes curdled and gives a curdled appearance to the rest of the custard before it has thickened. A double saucepan should be used if possible, or if liked the custard may be made in a jug.

BOILED CUSTARD. No. 2.

$\frac{1}{2}$ pint Milk.		1 oz. Castor Sugar.
2 Yolks of Eggs.		Flavouring.

Proceed as for custard No. 1, see above.

BREAD AND BUTTER PUDDING.

1 pint Milk.		Slices of Bread and Butter to scarcely half fill the dish.
2 Eggs.		
1 oz. Castor Sugar.		
1 oz. Currants.		

Proceed as for Rusk Pudding (see page 30).

CARMEL CUSTARDS.

1 oz. Loaf Sugar.	3 Eggs.
1 tablespoonful Water.	1 dessertspoonful Castor
3 gills Milk.	Sugar.

Boil the loaf sugar and water together until they are a golden colour, add the milk, and stir over the fire till the sugar is dissolved. Beat up the eggs, pour the milk over them, and add the castor sugar. Grease some small round china ramakin cases and fill them with the custard mixture. Put them in a deep Yorkshire pudding tin, and pour in sufficient hot water to come half way up the cases. Bake in a very moderate oven till the custard is set. Serve in the china cases either hot or cold.

CHERRY CUSTARD.

1 small bottle of Cherries.	3 Eggs.
6 ozs. Loaf Sugar.	3 gills Milk.
1 teaspoonful Cornflour.	1 gill Cream.
1 teaspoonful Lemon Juice	1 oz. Castor Sugar.
A few drops Carmine or Cochineal.	

Strain the juice from the cherries and mix the cornflour to a smooth paste, with one tablespoonful of it. Put the remainder in a stewpan with the loaf sugar, lemon juice, and sufficient carmine to colour it a rich pink. Simmer five minutes, add the cherries (which should have been stoned), and simmer for ten minutes. Beat up the eggs with the castor sugar and cream, boil the milk, pour it on to them, and two-thirds fill a buttered pie dish with the mixture. Add one-fourth of the cherries (which should have been drained from the syrup) and set the pie dish in a deep tin half filled with hot water. Bake in a cool oven till the custard is set. Add the cornflour to the cherries, boil up and simmer for ten minutes. When the custard is baked cover the top with the remainder of the cherries, pour on the syrup, and serve either hot or cold.

NOTE.—Other fruit may be used.

A fireproof earthenware dish can be used instead of the pie dish.

CHOCOLATE RICE PUDDING.

1½ ozs. Carolina Rice (well washed).	1 pint milk.
2 ozs. Grated Chocolate.	1 Egg (yolk and white separated).
1 oz. Butter.	

Put the milk and rice in a stewpan and let them simmer till the rice is tender; add the grated chocolate and allow it to dissolve. Take the stewpan off the fire, add the yolk of egg and stiffly whisked white of egg, and pour the mixture into a well-buttered pie dish. Put the remainder of the butter in small pieces on the top, dredge with castor sugar, and bake in a moderate oven for about twenty minutes. If the top of the pudding is not sufficiently browned it may be put under the grill for a few minutes.

CORNFLOUR AND RICE PUDDING.

1 oz. Rice.	Rind of 1 Orange (thinly peeled).
1 oz. Cornflour.	1 pint Milk.
2 ozs. Sugar.	2 Eggs.
1 oz. Butter.	

Wash the rice, sprinkle it into boiling water, boil it till tender, and strain it. Grease a pie dish with butter. Mix the cornflour to a smooth paste with two tablespoonfuls of milk. Put the remainder of the milk and the orange rind in a stewpan over the fire, allow them to come slowly to boiling point, then cover the pan, draw it from the fire, and leave it for about one hour. When the milk is well flavoured take out orange rind, add the cornflour, stir quickly, and simmer for ten minutes. Cool, add the cooked rice, sugar, beaten eggs, and the remainder of the butter. Pour the mixture into the prepared pie dish, and bake in a moderate oven about 20 minutes.

NOTE.—Other flavourings may be used.

MARMALADE CUSTARD PUDDING.

2 ozs. Bread Crumbs.
1 oz. Cástor Sugar.
 $\frac{1}{2}$ oz. Butter.
 $\frac{1}{2}$ pint Milk.

$\frac{1}{4}$ pint Marmalade.
2 Eggs (yolks and whites separated).

Cream the butter and sugar till white, and beat in the yolks of eggs one at time. Add the bread crumbs and milk, and lastly the stiffly whisked whites of eggs. Put a layer of the mixture in a well-buttered pie dish, spread this with marmalade, cover with custard, and proceed in this way till the dish is full. The top layer should be custard. Bake in a very moderate oven for about three-quarters of an hour. Serve either hot or cold.

NOTE.—Any kind of jam may be used instead of the marmalade.

NURSERY PUDDING.

$1\frac{1}{2}$ tablespoonfuls Robin-
son's Patent Barley.
 $1\frac{1}{2}$ tablespoonfuls Castor
Sugar.

1 pint Milk.
1 Egg.
Grate of Nutmeg.
Pinch of Salt.

Mix the Patent Barley to a smooth paste with a little of the milk. Put the remainder of the milk in a stewpan, and when it boils pour in the barley and simmer for a few minutes, stirring continually. Beat up the egg, and add it with the sugar and salt to the other ingredients. Pour the mixture into a buttered pie dish, shake a grate of nutmeg on top, and bake in a moderate oven about twenty minutes.

RICE AND MARMALADE PUDDING.

2 ozs. Carolina Rice (well
washed).
2 tablespoonfuls
Marmalade.

1 pint Milk.
2 Eggs.
 $\frac{1}{2}$ pint Custard No. 2 (see
page 26).

Put the milk and rice in a stewpan over the fire and let them simmer till the rice is tender. Beat up the

eggs and mix the marmalade with them. Cool the rice and milk and add the eggs and marmalade. Put the mixture in a well-buttered basin and bake in a moderate oven a pale brown colour. Turn out the pudding, pour the custard round, and serve either hot or cold.

RUSK PUDDING.

5 Tea Rusks.	2 Eggs.
2 ozs. Butter.	1 teaspoonful Castor
1 oz. Sultanas.	Sugar.
1 pint Milk.	Grate of Nutmeg.

Grease a pie dish with some of the butter and spread the rest of it on the rusks. Put the rusks in the pie dish and sprinkle the sultanas between them. Beat up the eggs, add the milk and sugar, and pour them over the rusks. Sprinkle the top with nutmeg and put the dish in a deep tin half filled with water. Bake in a moderate oven for about half-an-hour.

NOTE.—Small buns can be used instead of rusks.

SAGO PUDDING.

Proceed as for Tapioca Pudding. (See page 31).

SCALDED PUDDING.

1 pint Milk.	1 tablespoonful Flour
1½ ozs. Demerara Sugar.	(large).
Rind $\frac{1}{4}$ Lemon (thinly peeled).	2 Eggs.

Mix the flour to a smooth paste with two table-spoonfuls of milk. Put the remainder of the milk in a stewpan with the sugar and lemon rind. When the milk boils strain it over the flour, stir quickly, return it to the stewpan, and simmer for a few minutes. Beat up the eggs, add them to the mixture and pour it in a buttered pie dish. Bake for a quarter of an hour in a moderate oven.

SEMOLINA PUDDING.

Proceed as for Tapioca Pudding. (See page 31).

SOUR MILK PUDDING.

1 quart Milk.		Cream.
Castor Sugar.		

Leave the milk till it is quite sour. Tie the curd loosely in a piece of muslin, hang it up on a hook, put a basin underneath, and let it drain for about twelve hours. Take off the muslin, put the curd in a glass dish, and serve sugar and cream with it.

NOTE.—On the Continent small wicker baskets can be bought in which to drain the curd.

STEAMED BREAD PUDDING.

$\frac{1}{2}$ lb. Crumb White Bread.		2 Eggs.
$\frac{1}{2}$ pint Milk.		Grated Rind of $\frac{1}{2}$ Lemon.

Boil the milk and pour it on the bread, leave them to soak for a few minutes and then beat them thoroughly with a fork. Beat up the eggs and add them with the grated lemon rind to the bread and milk. Put the mixture in a greased basin, cover with greased paper, and steam for one and a half hours. Turn out the pudding and serve with stewed fruit or jam.

NOTE.— $\frac{1}{2}$ oz. of castor sugar may be added if liked.

TAPIOCA PUDDING.

1 pint Milk.		$\frac{1}{2}$ oz. Butter.
$1\frac{1}{2}$ tablespoonfuls Tapioca.		2 Eggs.
1 tablespoonful Sugar.		A grate of Nutmeg.

Grease a pie dish with a little of the butter. Put the milk in a stewpan over the fire, and when it boils

sprinkle in the tapioca. Stir well, and simmer gently until the tapioca has thickened the milk and does not sink. Cool, add the sugar, beaten eggs, and remainder of the butter. Pour the mixture into the prepared pie dish and grate a little nutmeg on the top. Set the pie dish in a deep tin half filled with hot water, and bake in a moderate oven about half-an-hour.

NOTE.—This pudding can be made with one egg, or the eggs and butter may be left out.

CHAPTER IV.

MISCELLANEOUS HOT SWEETS.

Apricots au Gratin.

Apricot Soufflé.

Beignet Soufflés.

Border of Peaches.

Canterbury Pudding.

Fritters.

Neapolitan Croquettes.

Orange Soufflé.

Sweet Rice Croquettes.

APRICOTS AU GRATIN.

2 ozs. Carolina Rice.	2 tablespoonfuls Cream.
6 halves of Bottled Apricots	$\frac{1}{2}$ teaspoonful Vanilla
A little Syrup from the	Essence.
Apricots.	2 ozs. Castor Sugar.
1 pint Milk.	1 oz. Ratafias.
1 large tablespoonful Royal	6 Round China Ramakin
Icing (See "Tips for	Cases.
Tea," page 70).	

Wash the rice, and stew it till tender in the milk (it may be necessary to add a little extra milk). Add the sugar, cream, and vanilla essence and two-thirds fill the ramakin cases. Cook the apricots till tender in the syrup, drain them, and put one in each ramakin. Nearly cover the top of the apricots with royal icing and sprinkle them thickly with crushed ratafias. Put the ramakins in a hot oven for a few minutes to colour the icing and serve hot.

NOTE.—If liked the rice may be served in a round fancy fireproof dish and other fruit used.

APRICOT SOUFFLÉ.

3 ozs. Flour.	1 teaspoonful Lemon Juice
2 ozs. Butter.	3 Yolks and 4 Whites of
2 ozs. Castor Sugar.	Eggs.
1 gill Milk.	Apricot Sauce (see page
1 gill Apricot Purée.	80).

Grease a soufflé tin and tie a double band of greased paper round the outside of the tin, coming about three inches higher than the tin. Melt the butter in a stew-pan, add the flour, then the milk and apricot purée. Cook these over the fire, stirring continually till the panada begins to thicken and leave the sides of the pan. Remove from the fire, add the sugar and lemon juice, and beat in the yolks of eggs one at a time. Whisk the whites of eggs to a stiff froth and fold them lightly

with the other ingredients. Put the mixture in the prepared tin, cover with greased paper and steam gently for about one and a quarter hours. Turn out the soufflé and serve with apricot sauce.

NOTE.—Any kind of fruit purée can be used.

This soufflé can be baked; it needs a rather hot oven.

A soufflé must be steamed slowly and steadily or it will rise too quickly and then fall.

BEIGNETS SOUFFLÉS.

5 ozs. Flour.	3 Whole Eggs.
2 ozs. Butter.	$\frac{1}{2}$ teaspoonful Vanilla
1 dessertspoonful Sugar.	Essence.
$\frac{1}{2}$ pint Water.	

Sift the flour on to a piece of paper. Put the water and butter into a stewpan, when they boil add the flour, and stir quickly until the mixture leaves the sides of the pan. Remove from the fire, cool, add the sugar and vanilla essence, then beat the eggs well in one at a time. Have ready a pan of clean fat which is just beginning to smoke, and drop the mixture into it with a dessertspoon. Fry rather slowly at first till a golden brown colour. Drain on paper, dredge with icing sugar and serve with jam or wine sauce.

BORDER OF PEACHES.

For the Border.

1 Egg, and its weight in	1 oz. Castor Sugar.
Butter and Flour.	$\frac{1}{2}$ gill Peach Purée.
$\frac{1}{2}$ teaspoonful Baking	8 Halves of Tinned
Powder.	Peaches.

For the Meringue.

2 Whites of Eggs.	4 ozs. Castor Sugar.
$\frac{1}{2}$ tablespoonful Peach	A few drops Cochineal.
Purée.	

For the Syrup.

1½ gills Peach Syrup.
3 ozs. Loaf Sugar.
2 teaspoonfuls Lemon
Juice.

A few drops Cochineal.
A few Chopped Pistachio
Nuts.

Sift the flour and baking powder on to a piece of paper. Cream the butter and sugar together until they are white, then beat in the egg ; stir in lightly the flour, baking powder and peach purée. Well grease a plain border mould, put in the mixture, cover with a greased paper and steam for about one hour. Put the peach syrup, loaf sugar and lemon juice into a stewpan and boil for two minutes. Colour a pale pink with cochineal, add the halves of peaches and let them simmer gently till tender. Whisk the whites of eggs to a very stiff froth, then stir in the castor sugar, peach purée and a few drops of cochineal, and put the mixture into a forcing bag with large rose pipe. Turn out the border on to a hot dish, arrange the halves of peaches in a circle on top of it, and fill the centre with the meringue. Dust over with castor sugar, sprinkle on chopped pistachio nuts and bake in a moderate oven till the meringue is a pale fawn colour. Pour the syrup round the border and serve as hot as possible.

NOTE.—Other fruit can be used.

CANTERBURY PUDDING.

7, 1d. Sponge Cakes.
1 lb. Marmalade.
3 Eggs.

½ pint Milk.
Custard Sauce (see page
82).

Butter a quart pudding basin and line the bottom of it with split sponge cakes. Put in half of the marmalade, finish lining the basin with sponge cake, and pour in the remainder of the marmalade. Boil the milk, beat up the eggs, and pour the boiling milk over them. Strain this mixture on to the marmalade and cover with the rest of the sponge cake. Twist greased paper over the top of the basin and steam gently for one and a half hours. Turn out the pudding and serve with custard sauce.

FRITTERS.

Fruit.	$\frac{1}{4}$ pint Tepid Water.
Castor Sugar.	1 tablespoonful Salad Oil.
Frying Fat.	2 Whites of Eggs.
4 ozs. Flour.	Pinch of Salt.

Sift the flour and salt into a basin and make a well in the centre of the flour. Mix the oil and water, pour a little into the centre of the flour, and mix the flour gradually to a smooth paste, adding the remainder of the oil and water by degrees. Prepare the fruit. Whisk the whites of eggs to a stiff froth and stir them lightly with the batter. Dip the pieces of fruit in the batter and fry them a golden brown colour, in clean, not too hot, fat. Drain them on paper, dust them with sugar, and serve.

NOTE.—Peel and cut apples into slices about a quarter of an inch thick, and remove the core with a small round cutter.

Remove the rind and white pith from oranges, and allow about two sections for each fritter.

Peel and quarter bananas lengthways.

Cut pineapple into convenient sized pieces and remove the dark specks.

Figs should be steamed and then allowed to get cold before they are dipped in the batter.

NEAPOLITAN CROQUETTES.

Stale Madeira Cake.	1 whole Egg (beaten).
Red Currant Jelly.	2 Yolks of Eggs.
1 oz. Butter.	Vanilla Essence.
$\frac{1}{2}$ oz. Cornflour.	Cake Crumbs.
1 gill Milk.	Custard Sauce (see page 82).

Melt the butter in a stewpan, stir in the cornflour and the milk and simmer for ten minutes, stirring it continually. Add the sugar, yolks of eggs and vanilla flavouring, cook the mixture till it thickens, and pour it on a plate to cool. Cut the cake in slices a quarter of an-inch in thickness, and cut them into round shapes

with a cutter (cut two rounds for each croquette). Turn out the red currant jelly, cut it into thin slices and then into round shapes the same size as the pieces of cake (allow one round of red currant jelly for each croquette). Spread some of the custard mixture on one side of the cake, put a piece of red currant jelly on top of the custard, and cover it with another round of cake, putting the side with the custard next to the jelly. Brush the croquettes all over with beaten egg and roll them in cake crumbs. Fry them in hot fat, drain them on paper, and serve them with custard sauce.

ORANGE SOUFFLÉ.

Rind of 2 Oranges (thinly peeled).	$\frac{1}{2}$ oz. Castor Sugar.
1 oz. Butter.	3 Yolks and 4 Whites of Eggs.
1 oz. Flour.	Orange Sauce (see page 84).
1 gill Milk.	

Put the orange rind and milk in a stewpan, and bring them slowly to boiling point. Put the lid on the stewpan, lift it off the fire and leave it to infuse for one hour. Grease a soufflé tin and tie a double band of greased paper round the outside of the tin, coming about three inches higher than the tin. Melt the butter in a stewpan, add the flour and then the milk (which should have been strained), cook these over the fire, stirring continually till the panada begins to thicken and leave the sides of the pan. Take it off the fire, add the sugar, and beat in the yolks of eggs one at a time. Whisk the whites of eggs to a stiff froth, and fold them lightly with the other ingredients. Put the mixture in the prepared tin, cover with greased paper, and steam gently for about fifty minutes. Turn out the soufflé and serve with orange sauce.

NOTE.—The milk must measure 1 gill after it has been strained.

This soufflé can be baked. A pretty dish can be made by cutting baskets of orange peel and baking the soufflé in these.

See note to Apricot Soufflé, page 34.

SWEET RICE CROQUETTES.

2 ozs. Rice.	1 $\frac{1}{2}$ ozs. Castor Sugar.
1 pint Milk.	Bread crumbs.
2 whole Eggs.	Frying Fat.
$\frac{1}{2}$ Lemon Rind (thinly peeled).	$\frac{1}{2}$ oz. Butter.
	Jam Sauce (see page 83).

Put the rice, lemon rind, and milk in a stewpan and cook them gently till the rice has absorbed the milk and is quite tender. Take out the lemon rind and add the butter, sugar, and one egg (which should have been beaten). Stir the mixture over the fire till the egg is cooked, but do not allow it to boil or it will curdle. Turn it out on a plate, smooth it over, and leave it to cool. Divide it into eight portions, shape each into a ball, and then flatten them slightly. Dip the croquettes in the bread crumbs. Beat up the second egg on a plate and brush over the croquettes with it. Roll them again in bread crumbs, and press the crumbs neatly on. Fry the croquettes a golden brown colour in smoking fat, drain them on paper, and sprinkle them with castor sugar. Serve hot with jam sauce.

CHAPTER V.

PASTRY AND TARTLETS.

Rough Puff Pastry.

Short Crust Pastry.

Plain Short Crust Pastry.

Apple Tartlets.

Bakewell Tart.

Cherry Tartlets.

Curd Cheese Cakes.

Custard Tartlets.

Ground Rice Cheese Cakes.

Lemon Curd Cheese Cakes.

Macaroon Tartlets.

Mince Pies.

Orange Tartlets.

Plain Lemon Tart,

ROUGH PUFF PASTRY.

8 ozs. Flour.		$\frac{1}{2}$ teaspoonful Lemon
6 ozs. Butter.		Juice.
Pinch of Salt.		Cold Water to mix.

Sift the flour and salt into a basin, and rub the butter in very roughly, so that the butter is in flakes through the flour. Make a well in the centre of the flour, squeeze in the lemon juice and add sufficient water to form the whole into a soft dough. Sprinkle a pastry board with flour and roll out the dough into a strip eighteen inches in length. Fold this into three, give it a half turn so that the folded edge is placed towards the right hand, and again roll out the paste. Do this four times, the paste is then ready for use. It should be baked in a rather hot oven.

NOTE.—In hot weather the paste should be put away in a cool place for half-an-hour before it is baked.

SHORT CRUST PASTRY.

8 ozs. Flour.		$\frac{1}{2}$ teaspoonful Baking
Pinch of Salt.		Powder.
5 ozs. Butter.		1 teaspoonful Castor
1 Yolk of Egg.		Sugar.
		Cold Water to mix.

Sift the flour, salt, and baking powder on to a pastry board, put the butter in the centre, and chop all together with a knife until the butter is so thoroughly blended with the flour that it cannot be distinguished. Put these ingredients into a basin, add the castor sugar, and mix well in. Add a quarter of a gill of water to the yolk of the egg, stir them well together, and then mix to a stiff paste with the other ingredients, using more water if necessary. Turn the dough on to a floured board, knead it until smooth, roll it out, and use as required. This pastry requires a hot oven.

NOTE.—The butter may be rubbed into the flour if preferred, but if the weather is hot and the cook inexperienced the above method will be found to give the best result.

Half butter and half lard may be used, also the yolk of egg may be omitted, and only water used to mix the pastry.

PLAIN SHORT CRUST PASTRY.

8 ozs. Flour.	$\frac{1}{2}$ teaspoonful Baking
4 ozs. Butter, Lard or	Powder.
Dripping.	Pinch of Salt.
	Cold Water to mix.

Sift the flour, salt and baking powder into a basin. Rub in the butter (using the tips of the fingers to do this), and mix the whole to a stiff paste with cold water. Turn the dough on to a floured board, knead it until smooth, roll it out, and use as required. This pastry requires a hot oven.

APPLE TARTLETS.

$\frac{1}{2}$ lb. Apples.	$\frac{1}{2}$ lb. Short Crust Pastry
$\frac{1}{2}$ Gill Water.	(see page 42).
$\frac{1}{2}$ Lemon (rind grated and	Strawberry Jam.
juice strained).	Rice (kept for baking
$\frac{1}{4}$ lb. Castor Sugar.	purposes).
2 Sheets Gelatine.	

Peel and core the apples and put them in a small stewpan with the water, sugar, grated lemon rind and lemon juice. Simmer gently till the apples are soft and then rub them through a hair sieve. Grease some small deep patty pans, and line them with pastry. Put a small piece of greased paper and some rice in each case to prevent their losing shape whilst baking. Bake them for ten minutes in a moderate oven, empty out the rice, and put them back in the oven for five minutes longer. Turn out the cases. Dissolve the gelatine in two tablespoonfuls of water, and strain it to the apple pulp. Put a teaspoonful of strawberry jam in each case and fill them up with the apple mixture. Serve cold.

BAKEWELL TART.

4 ozs. Short Crust Pastry	$\frac{1}{2}$ Lemon (rind grated
(see page 42).	and juice strained).
1 oz. Castor Sugar.	2 Yolks and $\frac{1}{2}$ White of Egg
1 oz. Butter (melted).	Jam.

Line a greased plate or fancy tart tin with pastry, and decorate the edges. Spread a layer of jam in the

centre of the pastry. Put the yolks of eggs and castor sugar in a basin, and cream them together for ten minutes. Add the lemon juice, rind of lemon and butter. Whisk the white of egg to a stiff froth, fold it lightly with the other ingredients and pour the mixture over the jam. Bake in a moderate oven about twenty-five minutes.

CHERRY TARTLETS.

$\frac{1}{2}$ lb. Short Crust Pastry (see page 42).	$\frac{1}{2}$ teaspoonful Cornflour.
$\frac{1}{2}$ lb. Cherries (washed and stalked).	A few drops of Cochineal.
$\frac{1}{4}$ lb. Loaf Sugar.	1 teaspoonful Lemon Juice.
$\frac{1}{4}$ Pint Cold Water.	Rice (kept for baking purposes).

Roll out the pastry and line some deep patty pans. Put a small piece of buttered paper in each, and fill them with rice (this prevents them losing their shape during the baking). Bake in a quick oven from ten to fifteen minutes, then empty out the rice. Boil the sugar and water, add the cherries and lemon juice and simmer till tender. Mix the cornflour to a smooth paste with a little cold water added to the syrup, reboil for a few minutes and colour with cochineal. Put a few cherries in each pastry case and fill them up with syrup. Serve hot or cold.

NOTE.—If liked the cherries can be stoned.
Other fruit may be used.

CURD CHEESE CAKES.

1 quart Milk.	Grate of Nutmeg.
2 teaspoonfuls Essence of Rennet.	1 teaspoonful Grated Lemon Rind.
2 ozs. butter.	1 tablespoonful Brandy.
2 Yolks of Eggs.	1 dessert spoonful Sherry.
$\frac{1}{2}$ oz. Cake Crumbs.	Trimnings of Rough Puff or Short Crust Pastry (see page 42).
$\frac{1}{2}$ oz. Currants.	
1 oz. Castor Sugar.	

Warm the milk, add the rennet, and pour it into a pie dish. Leave it to set for about half-an-hour then tie

the curd in a piece of muslin, hang it up, and let it drain till next morning. Grease and line some deep patty pans with pastry. Break up the curd, and rub it with the butter through a hair sieve; add the yolks of eggs, cake crumbs, currants, castor sugar, nutmeg, lemon rind, brandy and sherry. Fill each patty pan two thirds full with this mixture, and bake in a moderate oven about twenty minutes.

CUSTARD TARTLETS.

3 Yolks and 1 White of Egg,	$\frac{1}{2}$ pint Milk.
A little extra White of Egg.	Grate of Nutmeg.
1 tablespoonful Castor Sugar.	Trimnings of Short Crust Pastry (see page 42).
Rind $\frac{1}{2}$ Lemon (thinly peeled).	

Grease some deep patty pans, line them with pastry and brush a little white of egg on the pastry. Put the lemon rind and milk in a stewpan over the fire. Beat up the yolks and white of egg, add the sugar, and when the milk is nearly boiling strain it over them. Fill the pastry cases with this mixture, dust a grate of nutmeg on each, and bake in a moderate oven about twenty minutes.

GROUND RICE CHEESE CAKES.

$\frac{3}{4}$ oz. Ground Rice.	Grate of Nutmeg.
$1\frac{1}{2}$ gills Milk.	$\frac{1}{2}$ Lemon Rind (thinly peeled).
1 oz. Castor Sugar.	A few Currants.
$\frac{1}{2}$ oz. Butter.	Trimnings of Rough Puff or Short Crust Pastry (see page 42).
1 Egg (beaten).	
Pinch of Salt.	
1 Dessertspoonful Brandy.	

Line two dozen patty pans with pastry. Mix the ground rice to a smooth paste with half a gill of milk. Put the remainder of the milk in a stewpan over the fire with the lemon rind, let them come slowly to boiling

point, and leave them to infuse for ten minutes. Strain the milk, add it to the rice, return both to the stewpan and boil for a quarter of an hour, stirring continually. Cool, and add the butter, sugar, egg, nutmeg, salt and brandy. When nearly cold half fill the patty pans with the mixture, sprinkle a few currants on top of each and bake in a moderate oven for twenty minutes.

LEMON CURD CHEESE CAKES.

6 ozs. Castor Sugar.	3 ozs. Butter.
2 Lemons (rind grated and juice strained).	Trimnings of Rough Puff or Short Crust Pastry (see pages 42).
3 Yolks and 2 Whites of Eggs.	Rice (kept for baking).

Line some greased patty pans with pastry, fill them with rice, and bake in a quick oven ten to fifteen minutes. Beat up the yolks and whites of eggs, and put them in a stewpan with the sugar, butter, rind, and juice of the lemons. Stir over a gentle heat till the mixture thickens, it must not boil or it will curdle. Empty the rice from the pastry cases, and put a teaspoonful of lemon curd in each.

NOTE.—Lemon curd may be put in a jam jar, covered with parchment paper, and kept for several weeks.

MACAROON TARTLETS.

Trimnings of Rough Puff or Short Crust Pastry (see page 42).	3 ozs. Ground Sweet Almonds.
2 small Whites of Eggs.	6½ ozs. Castor Sugar.

Grease and line one dozen patty pans with pastry, and cut some thin strips for cross bars. Put the whites of eggs into a basin, add the sugar, and beat well with a wooden spoon for twenty minutes. Add the ground almonds, and fill the pastry cases. Put on the cross bars, and bake in a moderate oven about twenty-five minutes.

MINCE PIES.

Mince Meat (see below).		Rough Puff Pastry (see page 42).
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Roll out the pastry to about a quarter of an inch in thickness and line some patty pans with it. Put some mince meat in each, brush the edges with water and cover them with pastry. Bake for twenty to twenty-five minutes in a moderate oven. Brush over with water or a little whipped white of egg, and dredge with castor sugar.

MINCE MEAT.

1 lb. Suet (chopped).		$\frac{1}{4}$ lb. Almonds (blanched and chopped).
1 lb. Apples (peeled, cored and chopped).		1 Nutmeg (grated).
1 lb. Moist Sugar.		2 Lemons (rind grated and juice strained).
1 lb. Raisins (stoned and chopped).		A few drops Essence of Almonds.
1 lb. Currants (chopped)		$\frac{1}{2}$ pint Brandy.
$\frac{3}{4}$ lb. Mixed Peel (cut up).		

Mix all the dry ingredients together in a basin, strain on to them the lemon juice and brandy, and mix all well together. Put the mixture into clean dry jars, and cover them securely with parchment paper.

ORANGE TARTLETS.

2 Yolks of Eggs.		4 ozs. Castor Sugar.
1 oz. Butter.		Rice (kept for baking purposes).
$\frac{1}{2}$ oz. Cake Crumbs.		Trimnings of Rough Puff or Short Crust (see page 42).
1 Orange (rind grated and juice strained).		
1 teaspoonful Lemon Juice.		

Line some greased patty pans with pastry, fill them with rice, and bake in a quick oven ten to fifteen minutes. Melt the butter in a stewpan, add the sugar, yolks of eggs, and juice and rind of the orange, and stir over the fire until the mixture thickens, but do not allow

it to boil or the mixture will curdle. Add the cake crumbs and lemon juice. Empty the rice out of the pastry cases, and put a teaspoonful of the orange mixture in each.

PLAIN LEMON TART.

6 ozs. Plain Short Crust	1 oz. Butter.
Pastry (see page 42).	$\frac{1}{2}$ oz. Cornflour (light-weight).
1 Lemon (rind grated, and juice strained).	$\frac{1}{4}$ pint Water.
4 ozs. Castor Sugar.	1 Egg (beaten).

Grease a plate, and line it with pastry, decorate the edges, and put on two cross bars of pastry. Bake in a moderate oven about twenty minutes. Mix the cornflour to a smooth paste with a little water. Put the remainder of the water in a stewpan with the lemon rind and when it boils pour in the cornflour. Stir quickly, and add the butter and sugar. Cook gently for ten or fifteen minutes, stirring it continually. Add the egg and lemon juice and stir the mixture over the fire till the egg is cooked but do not let it boil again. Fill the tart with the mixture and serve either hot or cold.

CHAPTER VI.

SIMPLE COLD SWEETS.

POINTS TO BE REMEMBERED IN MAKING COLD SWEETS.

Arrowroot and Almond Shape.

Aunt Margaret's Pudding.

Chocolate Barley Mould.

Chocolate Junket with Cream.

Cinnamon Rice Shape.

Cornflour Fruit Shape.

Custard Shape.

Fig Custard Mould.

Fruit Salad.

Gooseberry Cream.

Little Ground Rice Shapes.

Orange and Nut Salad.

Orange Shape.

Orange Sponge.

Sussex Pudding.

POINTS TO BE REMEMBERED IN MAKING COLD SWEETS.

1. The advantage of using French Leaf Gelatine is that it does not require soaking.

2. When dissolving gelatine do not let it boil.

3. If dissolved gelatine is added when it is too hot to a whipped cream mixture it causes the cream to become thin again, which spoils the texture of the sweet.

4. If dissolved gelatine is added when it is too cool it will set in a thick mass and not blend with the mixture. If this happens put the basin over a saucepan of boiling water and stir the mixture until the gelatine is again dissolved.

5. To "half whip" cream put the cream in a basin and whisk it till it is slightly thick.

6. To whip cream put the cream in a basin and whisk it till it is thick and the marks of the whisk show in it. If over whipped, cream turns to butter.

7. To turn out a cold sweet which has been set in a mould dip the mould into a basin of warm water, dry it quickly and put the right hand over the top of the mould. Shake it downwards, and when the sweet can be felt to be beginning to rest on the hand hold it over the dish and let it slip gently out on to it.

ARROWROOT AND ALMOND SHAPE.

1½ ozs. Arrowroot.

1½ ozs. Ground Almonds.

2 ozs. Castor Sugar.

1 oz. Butter.

1¼ pints Milk.

Mix the arrowroot to a smooth paste with a quarter of a pint of milk. Put the remainder of the milk in a stewpan, and when it boils pour in the arrowroot and stir quickly. Add the sugar, butter, and ground almonds and simmer for fifteen minutes, stirring continually. Pour the mixture in a wet mould and leave it to set. Turn it out, and serve with stewed fruit or any kind of jam.

AUNT MARGARET'S PUDDING.

$\frac{3}{4}$ pint Clear Sweet Jelly (see page 77).	2 Shredded Wheat Biscuits.
1 lb. Apples (stewed, sweetened, and rubbed through a fine sieve).	A few drops of Cochineal. Chopped Pistachio Nuts.

Dissolve the jelly, pour two-thirds of it into a glass dish and leave it till set. Crush the shredded wheat biscuits and sprinkle them over the jelly. Spread the apple purée on top of the biscuits. Whisk the remainder of the jelly till it is white and frothy, colour it a pale pink, and cover the apple with it. When set sprinkle the top with chopped pistachio nuts and serve.

CHOCOLATE BARLEY MOULD.

1 $\frac{1}{2}$ ozs. Robinson's Patent Barley.	1 $\frac{1}{2}$ ozs. Castor Sugar.
1 $\frac{1}{2}$ ozs. Chocolate (grated).	1 pint Milk.
	Pinch of Salt.

Put the patent barley and chocolate together in a basin and mix them to a smooth paste with a little of the milk. Put the rest of the milk in a stewpan, and when it boils pour in the barley and chocolate. Add the sugar and salt and simmer for ten minutes, stirring continually. Pour the mixture into a wet mould and leave it to set. Turn it out and serve with custard.

CHOCOLATE JUNKET WITH CREAM.

2 ozs. Grated Chocolate.	1 pint Milk.
$\frac{1}{4}$ pint Whipped and Sweetened Cream.	1 teaspoonful Essence of Rennet.

Dissolve the chocolate in a quarter of a pint of milk, then add the remainder of the milk, and heat until the milk is warm but not hot. Add the essence of rennet, and pour the junket into a glass dish. Stand in a cool place for about half-an-hour till the junket is set. Just before serving pile the cream on the top.

NOTE.—Rennet powder or tablets may be used according to the directions issued with them, instead of the essence of rennet.

The junket may be sweetened and other flavouring used.

CINNAMON RICE SHAPE.

2 ozs. Rice.	1 stick Cinnamon.
1 pint Milk.	1½ ozs. Castor Sugar.

Put the cinnamon, milk and washed rice in a stewpan. Cook them gently till the rice has absorbed the milk and is quite tender. Take out the cinnamon and add the sugar. Rinse a mould with cold water, pour in the rice, and leave it till set. Turn out and serve with jam or custard.

CORNFLOUR FRUIT SHAPE.

½ lb. Raspberries.	5 ozs. Castor Sugar.
½ lb. Red Currants.	2 ozs. Cornflour (light
¾ pint Cold Water.	weight).

Pick the currants and raspberries and put them in a stewpan with the sugar and half a pint of water. Simmer them gently till the fruit is very soft and the flavour extracted, then strain the juice through a hair sieve. Mix the cornflour to a smooth paste with the remainder of the water and add the fruit juice (which should measure one pint) to it. Boil the mixture for fifteen minutes, stirring continually. Rinse out a mould with cold water and pour in the cornflour. When set turn it out and serve alone or with custard.

NOTE.—Other fruit, or jam and water can be used.

CUSTARD SHAPE.

1 pint Milk.	Rind ½ Lemon (thinly
2 yolks Eggs.	peeled).
½ oz. Gelatine.	1½ ozs. Castor Sugar.

Put the milk and lemon rind in a stewpan over the fire. When nearly boiling pour the milk over the beaten yolks of eggs, return them to the stewpan, add the castor sugar, and stir over a gentle heat till the mixture becomes slightly thickened. Draw it off the fire and add the gelatine a sheet at a time. Stir till the gelatine is dissolved, then strain the custard into a wet mould. When set turn it out.

NOTE.—The yolks of eggs may be left out, but then the blancmange must not be moulded until it is just going to set or it will separate.

FIG CUSTARD MOULD.

$\frac{1}{2}$ lb. Figs.		1 oz. Castor Sugar.
+ Yolks and 2 Whites of Eggs.		1 pint Milk.
		$\frac{1}{2}$ oz. Gelatine.

Put the figs in a saucepan with sufficient water to cover them, and stew them gently till tender. Beat the yolks and whites of eggs, heat but do not boil the milk, pour it over the eggs and add the sugar. Put the mixture in a jug, stand the jug in a saucepan of boiling water, and stir the custard until it thickens. It must not boil or it will curdle. Dissolve the gelatine in two tablespoonfuls of the water the figs were stewed in. and strain it to the custard. Chop the figs finely and add them to the custard. When the mixture is just going to set pour it into a wet mould and leave it till cold. Turn out and serve alone or with custard poured round it.

FRUIT SALAD.

$\frac{1}{2}$ tin Apricots or Peaches.		1 dessertspoonful
Mixed Fruit.		Maraschino.
1 oz. Almonds (blanched).		Juice of $\frac{1}{2}$ Lemon.
1 oz. Pistachio Nuts (blanched).		4 ozs. Loaf Sugar.

Strain the syrup from the apricots, and make it up to half-a-pint with water. Put this in a stewpan with the sugar and boil for five minutes. Peel the fruit, remove any seeds, cut it into convenient sized pieces and put it in a basin with the almonds and half the pistachio nuts. Pour over the sugar syrup, add the lemon juice and maraschino, and put the salad in a cool place till quite cold. Serve in a glass dish with chopped pistachio nuts sprinkled on top.

NOTE.—The salad may be served in glasses and decorated with whipped cream.

GOOSEBERRY CREAM.

1 quart Green Goose-berries.	6 ozs. Castor Sugar.
2 ozs. Butter.	4 Yolks of Eggs (beaten).
	Cold Water.

Wash, and top and tail the gooseberries and put them in a stewpan with the butter and sufficient water to cover them. Simmer gently till the gooseberries are tender and rub them through a hair sieve. Add the castor sugar and yolks of eggs and stir the mixture over the fire for a few minutes to cook the yolks of eggs. It must not boil or it will curdle. When cold serve in a glass dish.

NOTE.—Other fruit may be used.

LITTLE GROUND RICE SHAPES.

1½ ozs. Ground Rice.	A few drops Carmine or
1 pint Milk.	Cochineal.
1 oz. Castor Sugar.	½ pint Custard No. 2
1 inch Stick Cinnamon.	(see page 26).

Mix the ground rice to a smooth paste with a little of the milk. Put the remainder of the milk and the cinnamon in a stewpan over the fire. When the milk boils pour in the ground rice, add the sugar and boil gently for fifteen minutes, stirring it continually. Rinse some dariole moulds or small teacups with cold water. Take out the cinnamon and fill the moulds with half the rice. Colour the remainder a pale pink with carmine and fill the rest of the moulds. When set turn them out, arrange them in a glass dish, and pour the custard round them.

NOTE.—If preferred it may be moulded in one large mould.

Cornflour can be used instead of ground rice.

ORANGE AND NUT SALAD.

Jaffa Oranges.
Castor Sugar.

Ground Almonds.

Peel the oranges thickly so as to remove the white pith, and cut them in slices about half an inch in thickness. Put a layer in the bottom of a glass dish, scatter over some castor sugar, and then put in a layer of ground almonds. Proceed in this way till the dish is filled. Cover it closely and let it stand for five or six hours till the acid of the orange has softened the nuts.

NOTE.—Cocoanut or other nuts may be used.

ORANGE SHAPE.

Rind and Juice 4 Oranges.
Juice 2 Lemons.
1 pint Cold Water.

6 ozs. Castor Sugar.
2 ozs. Cornflour (light weight).

Peel the rind of the oranges thinly and strain the orange and lemon juice. Mix the cornflour to a smooth paste with the orange and lemon juice. Put the orange rind and water in a stewpan over the fire till they boil, then let them infuse for ten minutes. Strain the liquid and add it to the mixed cornflour, return the mixture to the stewpan, add the sugar and boil gently for fifteen minutes, stirring continually. Pour it into a wet mould and when set turn out the shape.

ORANGE SPONGE.

Juice of 4 Oranges
(strained).
Juice of 1 Lemon (strained).
 $1\frac{1}{2}$ ozs. Castor Sugar.
 $\frac{1}{2}$ oz. Gelatine (light weight).

1 gill Water.
Rind 2 Oranges (thinly peeled).
1 White of Egg.
Pink and Yellow Colouring.

Put the gelatine, water, orange rind and sugar in a saucepan and stir them over a gentle heat till the

gelatine is dissolved. Put the white of egg in a large basin and whisk it till it is slightly frothy, strain the gelatine and water to it, and add the orange and lemon juice. Whisk the mixture till it is thick and frothy. Colour a pale orange and serve piled up in a glass dish.

SUSSEX PUDDING.

1 lb. Plums.	$\frac{1}{2}$ oz. Gelatine.
4 ozs. Demerara Sugar.	$1\frac{1}{2}$ ozs. Castor Sugar.
$\frac{1}{2}$ pint Water.	Rind of 1 Lemon (thinly
1 pint Milk.	peeled).

Put the plums, Demerara sugar, and water in a saucepan, simmer them till tender, and rub them through a hair sieve. Put the milk, sugar and lemon rind in another saucepan and bring them up to the boil. Draw the pan from the fire, add the gelatine a sheet at a time, and stir it till the gelatine is dissolved. Put the plum purée in a glass dish and when the milk is cold and just going to set pour it carefully over the fruit. Leave it to set and serve cold.

NOTE.—Other fruit can be used.

CHAPTER VII.

FANCY COLD SWEETS.

A Custard Cream.
A Fruit Cream.
Apple Trifle.
A Simple Trifle.
Blackberry Custard Whips.
Cinnamon Cream Roll.
Cold Brown Bread Soufflé.
Cold Chocolate Mousse.
Cold Fruit Soufflé.
Crème à la Dauphine.
Custard Whips.
Danish Trifle.
Little Chocolate Creams.
Meringues.
Mocha Mould.
Mushroom Meringues.
Orange Batons.
Orange Custard.
Pears à la Portugaise.
Pistachio Cream Baskets.
Queen's Pudding.
Snow Cheese.
Spanish Pudding.
Strawberry Croûtons.
Trifle.

A CUSTARD CREAM.

$\frac{1}{2}$ pint Custard, Nos. 1
or 2 (see page 26).
 $\frac{1}{2}$ pint Cream (half
whipped).
 $\frac{3}{4}$ oz. Gelatine.
 $\frac{1}{2}$ gill Water.

Flavouring.
1 gill Clear Sweet Jelly
(see page 77).
Glacé Cherries.
A few Shredded Pistachio
Nuts.

Rinse out a mould with cold water. Dissolve the jelly, coat the mould with it, put a few glacé cherries and pistachio nuts in the bottom of it, and cover these with jelly. Dissolve the gelatine in the water, strain it to the custard and add the cream and flavouring. When the jelly in the mould has set pour in the cream. Allow it to set, turn it out, and put chopped jelly round the dish.

NOTE.—The cream can be flavoured with Vanilla Essence, Maraschino, Coffee Essence, &c., &c.

A FRUIT CREAM.

$2\frac{1}{2}$ gills Fruit Purée (fruit
rubbed through a hair
sieve).
3 ozs. Castor Sugar (vary
according to the
sweetness of the fruit).
 $\frac{1}{2}$ gill Water.
 $\frac{3}{4}$ oz. Gelatine.
1 teaspoonful Lemon Juice.

$\frac{1}{2}$ pint Cream (half
whipped).
A few drops of Carmine
(if needed).
1 gill Clear Sweet Jelly
(see page 77).
A few Almonds and
Pistachio Nuts
(blanched & shredded).

Rinse a mould with cold water. Melt the jelly and coat the mould with it. Sprinkle some shredded almonds and pistachio nuts in each flute of the mould and cover them with jelly. Mix the fruit purée, sugar, and lemon juice in a basin. Dissolve the gelatine in the water and strain it to the fruit purée. Stir the cream lightly in and pour the mixture into the mould. When set turn out the cream, and put chopped jelly round the sides of the dish.

NOTE.—Fresh fruit generally needs to be cooked before it is passed through the sieve.

APPLE TRIFLE.

4. 1d. Sponge Cakes.
 $\frac{1}{2}$ pint Custard, No. 1
 (see page 26).
 3 Whites of Eggs.
 Red Currant Jelly.

6 Large Apples.
 6 ozs. Castor Sugar.
 1 Lemon (rind grated,
 juice strained).
 Chopped Pistachio Nuts.

Bake the apples slowly till they are tender, remove the skin and core and rub the pulp through a hair sieve. Cut the sponge cakes in slices, spread some red currant jelly on each slice and sprinkle on some grated lemon rind. Arrange the sponge cakes in the bottom of a glass dish and cover them with custard. Whisk the whites of eggs to a stiff froth. Mix the castor sugar and lemon juice with the apple, add them to the whites of eggs, and whisk altogether for a few minutes. Pile the mixture on to the top of the sponge cakes and custard in a rough heap and decorate with some fancifully cut pieces of red currant jelly and chopped pistachio nuts.

A SIMPLE TRIFLE.

6, 1d. Sponge Cakes or
 Stale Sponge Cake.
 $\frac{1}{2}$ pint Custard, No. 2
 (see page 26).
 1 White of Egg.
 $\frac{1}{4}$ pint Cream.
 1 teaspoonful Castor Sugar.
 $\frac{1}{2}$ teaspoonful Vanilla
 Essence.
 1 oz. Almonds (blanched
 and shredded).

A few Ratafias or
 Macaroons.
 Raspberry or Strawberry
 Jam.
 $\frac{1}{2}$ gill Water.
 1 dessertspoonful Lemon
 Juice.
 A few Glacé Cherries.
 Some fancifully cut pieces
 of Angelica.

Warm about two tablespoonfuls of jam with the water and lemon juice. Split the sponge cakes, put a thick layer of jam between and cut them into two. Arrange half the sponge cake on a glass dish, add some ratafias and almonds, and strain half the jam and water over them. Pile the remainder of the sponge cake, ratafias and almonds on top, and soak these with jam

and water. Make the custard, and whilst it is hot pour half of it over the sponge cake. Stir the remainder till cold and pour it over the trifle to form a thick coating. Whisk the cream till it has slightly thickened, and the white of egg to a stiff froth. Mix them together, add the sugar and vanilla essence, and arrange it on top of the trifle. Decorate with Glacé Cherries and Angelica.

NOTE.—Sherry, or any kind of fruit syrup, may be used instead of the jam and water.

BLACKBERRY CUSTARD WHIPS.

1 lb. Blackberries.	$\frac{3}{4}$ pint Custard (see page 26).
1 lb. Castor Sugar.	

Put the blackberries and sugar in a stewpan and boil them to a pulp. Pass through a hair sieve, and when cold add the custard. Whisk until the mixture becomes frothy, and serve in custard glasses.

NOTE.—Any kind of fruit may be used.

CINNAMON CREAM ROLL.

4 ozs. Castor Sugar.	4 Eggs. Cinnamon Cream (see below). $\frac{1}{2}$ pint Custard, No. 1 (see page 26).
3 ozs. Flour.	
$1\frac{1}{2}$ ozs. Butter (melted).	
1 teaspoonful Ground Cinnamon.	

Sift the flour and ground cinnamon on to a piece of paper. Put the eggs into a basin and whisk them for five minutes; add the castor sugar, and whisk again for five minutes. Put the basin over a saucepan of boiling water, and whisk for ten minutes. Stir in lightly the flour, ground cinnamon, and melted butter. Pour the mixture on to a baking sheet lined with greased paper, and bake in a quick oven for seven minutes. Turn the cake on to a paper sprinkled with castor sugar, dust the cake thickly with castor sugar

and roll it up. When cold, unroll it, spread the cinnamon cream over it and roll it up again. Put the roll in a glass dish, pour the custard round it, and serve.

CINNAMON CREAM.

4 ozs. Icing Sugar (sifted).	$\frac{1}{2}$ teaspoonful Ground
4 ozs. Butter.	Cinnamon.
2 ozs. Ground Almonds.	1 Yolk of Egg.

Cream the butter, and add the other ingredients.

COLD BROWN BREAD SOUFFLÉ.

4 ozs. Brown Bread Crumbs.	3 Whites of Eggs (stiffly whisked).
1 oz. Ratafia Crumbs.	$\frac{3}{4}$ oz. Gelatine (light weight).
$\frac{1}{2}$ pint Custard No. 2 (see page 26).	$\frac{1}{2}$ gill Water.
$\frac{1}{2}$ pint Whipped Cream.	1 oz. Castor Sugar.
$\frac{1}{4}$ teaspoonful Ground Cinnamon.	A few Chopped Pistachio Nuts and Ratafia
1 teaspoonful Maraschino.	Crumbs for decorating.

Tie a band of stiff paper four or five inches in width around the outside of the upper part of a china or silver soufflé case. Make the custard as directed, and when cooked pour it whilst hot over the brown bread and ratafia crumbs. Dissolve the gelatine in the water, and strain it to the custard. Add the sugar and ground cinnamon. When the mixture is cool and is just going to set, stir in the whipped cream and stiffly-whisked whites of eggs. Flavour with maraschino, and pour the mixture into the prepared soufflé case. Allow it to set, then take the band of paper off carefully and sprinkle ratafia crumbs and chopped pistachio nuts on the top.

NOTE.—Vanilla may be used instead of maraschino if preferred. If no stiff paper is to hand use four thicknesses of kitchen paper.

COLD CHOCOLATE MOUSSE.

3 Eggs (yolks and whites separated).	$\frac{1}{2}$ teaspoonful Vanilla Essence.
$\frac{1}{2}$ pint Cream (half whipped).	$\frac{3}{4}$ gill Cream (whipped, sweetened and flavoured with Vanilla Essence).
$\frac{1}{2}$ pint Milk.	Crystallised Violets.
2 ozs. Castor Sugar.	Chopped Pistachio Nuts.
2 ozs. Chocolate.	
$\frac{1}{2}$ oz., and 2 sheets extra, Gelatine.	

Dissolve the chocolate in the milk, pour it to the beaten yolks of eggs, add the gelatine, and return all to the stewpan. Stir the mixture over a gentle heat till it thickens (it must not boil or it will curdle), then allow it to cool, stirring it occasionally. Stir in the half-whipped cream, the stiffly whisked whites of eggs, and the vanilla essence as lightly as possible, and pour the mixture into a wet mould. When set, turn out the mousse, put the whipped cream in a forcing bag with rose pipe, and decorate the top and sides. Put on a few crystallised violets, and sprinkle with chopped pistachio nuts.

NOTE.—If liked this sweet may be served in a soufflé case. See Cold Fruit Soufflé, below.

3 ozs. Pounded French almond rock or 2 ozs. chopped walnuts can be added to the mousse.

COLD FRUIT SOUFFLÉ.

$\frac{1}{2}$ pint Fruit Purée (any kind of cooked fruit rubbed through a hair sieve).	$\frac{3}{4}$ oz. Gelatine (light weight)
3 ozs. Castor Sugar (vary according to the sweetness of the fruit).	$\frac{1}{2}$ gill Water.
4 Eggs (yolks and whites separated).	1 teaspoonful Lemon Juice.
$\frac{1}{2}$ pint Cream.	Colouring (if needed).
	Pistachio Nuts and Ratafia Crumbs for decorating.

Tie a band of stiff paper about four inches wide round the outside of the upper part of a china or silver

soufflé case. Put four yolks and two whites of eggs in a basin, whisk them well, and add the sugar. Put the basin over a saucepan of boiling water and whisk them till warm and thick. Take the basin off the saucepan, and whisk the eggs till nearly cold. Dissolve the gelatine in the water, half whip the cream, and whisk the two whites of eggs to a stiff froth. Strain the gelatine to the fruit purée, add the lemon juice, and mix all lightly together. Pour the mixture into the prepared soufflé case and leave it till set. Remove the band of paper and sprinkle the top with ratafia crumbs and chopped pistachio nuts.

CRÊME À LA DAUPHINE.

Dauphine Biscuits (see
page 64).

3 Yolks of Eggs.

1 oz. Castor Sugar.

1 gill Milk.

$\frac{1}{2}$ pint Cream (half
whipped).

1 oz. Chocolate (grated).

1 dessertspoonful Rum.

$\frac{1}{2}$ oz. French Leaf

Gelatine.

$\frac{1}{2}$ gill Whipped and
Sweetened Cream.

Crystallised Violets.

Angelica.

Put the yolks of eggs, milk, and gelatine in a stewpan, and stir them over the fire till the eggs are cooked. The custard must not boil or it will curdle. Let it cool, add the sugar, the rum, and the half-pint of cream. Grease a pint soufflé tin very thinly with melted butter and coat it thickly with grated chocolate. Pour in a layer of cream and let it set in the bottom of the tin. On this put a Dauphine biscuit and then another layer of cream. Proceed in this way till the tin is full. When quite set turn out the cream and sprinkle the remainder of the chocolate over it and round the dish. Put the whipped cream in a forcing bag with fancy pipe, decorate the sweet with it, and put on some violets and fancifully cut pieces of angelica.

DAUPHINE BISCUITS.

2 Eggs (Yolks and Whites separated).	1 oz. Ground Almonds.
2 ozs. Castor Sugar.	$\frac{1}{4}$ oz. Flour.

Sift the flour, ground almonds and sugar on to a sheet of paper. Whisk the whites of eggs to a very stiff froth, add the yolks of eggs and lightly stir in the flour, almonds and sugar. Put the mixture in a forcing bag with half-inch pipe, and put the mixture out in rounds about the size of a five shilling piece on to a buttered and floured baking tin. Bake about ten minutes in a moderately hot oven, and remove the biscuits from the tin with a knife whilst they are hot.

CUSTARD WHIPS.

6 Ratafias.	$\frac{1}{4}$ pint Whipped Cream
6 teaspoonfuls Brandy or Sherry.	(sweetened and flavoured with Vanilla Essence).
$\frac{1}{2}$ pint Custard No. 1 (see page 26).	Strawberry Jam.
A few drops Cochineal.	6 Pointed Jelly Glasses.
	Chopped Pistachio Nuts.

Put a ratafia in the bottom of each jelly glass and pour a teaspoonful of brandy or sherry over it. Add a layer of strawberry jam to the depth of about half-an-inch, and nearly fill the glasses with custard. Colour the cream a pale pink and put it in a forcing bag with rose pipe. Decorate the top of the custard with it, sprinkle with chopped pistachio nut and serve.

DANISH TRIFLE.

$\frac{1}{2}$ lb. Chocolate.	6 Large or 12 Small
1 pint Whipped Cream (sweetened and flavoured with Vanilla Essence).	Macaroons.
A few Ratafias.	1 jar Red Currant Jelly.
	$\frac{3}{4}$ gill Milk (about).

Melt two-thirds of the red currant jelly. Grate the chocolate and pound the macaroons to a rough powder.

Put a layer of chocolate in a glass dish, pour on a little melted red currant jelly, then sprinkle on some of the macaroons. Fill up the dish in this way, moisten slightly with milk—just sufficient to make it adhere but not get very damp. Put the cream in a forcing bag with rose pipe and cover the trifle prettily with it. Decorate with fancifully cut shapes of red currant jelly and ratafia crumbs.

LITTLE CHOCOLATE CREAMS.

$\frac{1}{2}$ pint Milk.	$1\frac{1}{2}$ ozs. Grated Chocolate.
4 Yolks and 2 Whites of Eggs.	$\frac{3}{4}$ gill Whipped Cream (sweetened and flavoured with Vanilla Essence).
$\frac{1}{2}$ teaspoonful Vanilla Essence.	Crystallised Violets and Angelica for decorating.
1 dessertspoonful Castor Sugar.	

Beat up the eggs. Dissolve one ounce of chocolate in the milk; when it boils pour it over the eggs. Add the sugar and vanilla essence, and fill some small greased dariole moulds with the mixture. Cover with greased paper and steam them very slowly till firm. Turn them out and leave them till cold. Sprinkle the remainder of the chocolate round the dish. Put the cream in a forcing bag with rose pipe and decorate the creams with it. Garnish with crystallised violets and some fancifully cut pieces of angelica.

MERINGUES.

4 Whites of Eggs.	$\frac{1}{2}$ pint Whipped Cream (sweetened and flavoured with Vanilla Essence).
8 ozs. Castor Sugar.	Chopped Pistachio Nuts.
Pinch of Salt.	
A little extra Castor Sugar.	

Line two baking sheets with ungreased foolscap paper. Break the eggs separately and put the whites into a dry, cold copper bowl, or china basin (they are no use for meringues if any of the yolk has become mixed with them). Add a pinch of salt and whisk,

slowly at first, more quickly afterwards, till the whites of eggs are stiff. Continue whisking for ten minutes. (They do not get stiffer but they get closer in texture, and do not fall so quickly when the sugar is added.) When the whites of eggs are sufficiently whisked they have a "knotted" lumpy appearance, then take out the whisk, and stir in the sugar as lightly as possible using an iron spoon to do this. Put the mixture in a forcing bag with screw, but no pipe, and set the mixture on to the prepared tins in small pyramids. Dredge thickly with castor sugar, and bake the meringues in a very cool oven till a thick crust has formed on the outside. Lift them carefully from the foolscap (if there is any difficulty, damp the paper), make an incision at the bottom, and press back the soft meringue to form a hollow space. Put them back in the oven till set inside, then put the meringues on the stove rack or other warm place till dry. Put the whipped cream in a bag with rose pipe, and fill each half meringue with the cream, put two together, decorate with cream, and sprinkle with chopped pistachio nuts.

NOTE.—Choose a cool place, with a current of air, in which to whisk the whites of eggs.

If the meringues are to be kept, dry them for twelve hours, and put them away in a tin.

MOCHA MOULD.

30 Savoy Biscuits (about).	5 ozs. Castor Sugar.
1 Ratafia Biscuit.	4 Yolks of Eggs.
3, 1d. Sponge Cakes.	$\frac{1}{2}$ pint Custard, No. 1 (see
6 ozs. Fresh Butter.	page 26).
5 dessertspoonfuls very	Glaze Cherries and
strong Coffee or Coffee	Angelica for decorat-
Essence).	ting.

Cut one end of about twelve savoy biscuits to a point, and line the bottom of a dry ungreased soufflé tin. Take a cutter the exact size of the ratafia, and with it cut out the points of the biscuits in the centre of the tin; put the ratafia in their place. Trim the sides and one end of the remainder of the savoy biscuits, and

line the sides of the tin. Cream the butter and sugar till white, beat in the yolks of eggs one at a time and flavour with four dessertspoonfuls of strong coffee. Crumble two sponge cakes and add them with the trimmings from the Savoy biscuits to the mixture. Fill the mould, split the remaining sponge cake, cover the top, and press well together. Keep in a cool place till next day. Turn out the mould. Flavour the custard with one dessertspoonful of coffee, and pour it over and round the sweet. Decorate with glacé cherries and angelica.

MUSHROOM MERINGUES.

For the Mushroom Heads.

2 Whites of Eggs.		$\frac{1}{2}$ oz. Chocolate (grated).
4 ozs. of Castor Sugar.		

Chopped Pistachio Nuts.

$\frac{1}{2}$ pint Whipped Cream (sweetened and flavoured with Vanilla Essence).

For the Mushroom Stalks.

2 ozs. Ground Almonds.		Lemon Juice and Water (mixed).
1 oz. Castor Sugar.		
1 oz. Icing Sugar.		

Put the whites of eggs in a basin and whisk them to a very stiff froth, add the grated chocolate and the sugar, and stir them lightly together. Put the mixture in a forcing bag with a large plain pipe, and put it out on to a tin lined with foolscap paper, in small rounds about the size of a penny. Dredge them with castor sugar and grated chocolate, and bake in a very cool oven till the mushrooms are dried through. Damp the paper and lift them off. Mix the ground almonds, castor and icing sugar, and add sufficient lemon juice and water to form a stiff paste. Shape this in to stalks for the mushrooms, and bake for a few minutes in a cool oven. Put the cream in a forcing bag with rose pipe and cover the bottom of a glass dish with it. Sprinkle the cream thickly with chopped pistachio nuts. Join the mushroom to the stalk with a little white of egg, and arrange them in the cream as if they were growing.

ORANGE BATONS.

$\frac{1}{2}$ gill Orange Juice.	$1\frac{1}{2}$ gills Cream.
Juice of $\frac{1}{2}$ Orange extra.	$\frac{1}{4}$ oz. and 1 sheet extra
2 Yolks of Eggs.	Gelatine.
1 oz. Castor Sugar.	Pink and Yellow
$\frac{1}{2}$ teaspoonful Lemon	Colouring.
Juice.	Sugar Wafers.
$\frac{1}{2}$ gill Whipped and	Pistachio Nuts.
Sweetened Cream (for	2 tablespoonfuls Water.
decorating).	

Line an empty wafer biscuit tin with foolscap paper, and put a layer of narrow sugar wafer biscuits in the bottom of it. Put the yolks of eggs and half gill of orange juice in a small stewpan and stir them over the fire till thick, add the extra orange juice, castor sugar, and lemon juice and stir till cool. Half whisk the cream, stir it to the orange mixture, and colour orange with pink and yellow colouring. Dissolve the gelatine in two tablespoonfuls of water, and strain it to the cream. When the mixture is just going to set pour it into the prepared tin on top of the biscuits. Cover with another layer of wafer biscuits (it may be necessary to brush them with a little white of egg to make them stick to the cream), and put the tin away till the cream has set. Turn out the mould, take off the foolscap, and with a sharp knife divide the cream between each biscuit to form a kind of sandwich. Decorate the top of each with whipped cream (which should have been coloured to match) and pistachio nuts.

NOTE.—If the ordinary sized sugar wafers are used they must be divided in two, lengthways.

ORANGE CUSTARD.

Rind of $\frac{1}{2}$ Orange (thinly	$\frac{1}{2}$ pint Orange Juice.
peeled).	1 dessertspoonful Castor
1 dessertspoonful Lemon	Sugar.
Juice.	4 Yolks of Eggs.

Beat up the yolks of eggs and put them in a small stewpan with the orange juice, orange rind, lemon juice,

castor sugar, and yolks of eggs. Put the stewpan into a larger one half filled with boiling water and stir the mixture till it thickens. It must not boil or it will curdle. Take out the orange rind and stir the custard occasionally till cold. Serve in custard glasses.

PEARS À LA PORTUGAISE.

6 halves of Stewed Pears.	$\frac{1}{4}$ teaspoonful Vanilla
$\frac{1}{2}$ pint Cream.	Essence.
$\frac{3}{4}$ pint Sweet Jelly (see	A few drops Carmine or
page 77).	Cochineal.
2 Sheets Gelatine.	6 pear-shaped Paper
$\frac{1}{2}$ oz. Castor Sugar.	Cases.
Angelica.	

Dissolve the gelatine in a quarter of a pint of the jelly, add a quarter of a pint of cream and colour a pale pink. Drain the pears, and when the cream mixture is thick and just going to set pour it over the pears. Whisk the remainder of the cream with the sugar and vanilla essence. Chop the remainder of the jelly, add half of it to the cream, and put the rest of it in a forcing bag with a rose pipe. Fill the cases with the cream and jelly, put a prepared pear on top and pipe jelly around the edge. Stick in a stalk of angelica, and arrange some fancifully cut pieces to look like leaves.

PISTACHIO CREAM BASKETS.

Some thin slices of Madeira	3 tablespoonfuls Water.
or Genoese Cake.	1 oz. Pistachio Nuts.
36 Ratafias.	A few drops Orange
$\frac{1}{4}$ lb. Royal Icing (see "Tips	Flower Water.
for Tea," page 70).	A few drops Green
1 gill Whipped Cream.	Colouring.
$\frac{1}{2}$ gill Custard, No. 2	Some thin strips
(see page 26).	Angelica.
$\frac{1}{4}$ oz. Castor Sugar.	1 tablespoonful Apricot
$\frac{1}{4}$ oz. Gelatine.	Marmalade.

Cut out six small shapes from the cake with an oval cutter, and brush the top of each with apricot marmalade.

Colour the royal icing a pale green, and put it in a forcing bag with a small rose forcer. Pipe a little icing around the edge of each piece of cake, and arrange six ratafias on the icing in an upright position to form the side of the basket. Secure them both in as well as outside with dots of icing, and allow the icing to harden. Blanch the pistachio nuts, pound them with a few drops of water, and rub them through a wire sieve. Dissolve the gelatine in the remainder of the water and strain it to the custard. Put the pistachio nuts in a basin and stir the custard gradually to them, add the sugar, orange flower water and cream. When the mixture is thick, and just going to set, put it in a forcing bag with large rose pipe. Fill the baskets, sprinkle them with pistachio nuts, and set a small handle made of angelica on each basket.

QUEEN'S PUDDING.

$\frac{1}{2}$ pint Bread Crumbs.
 $3\frac{1}{2}$ ozs. Castor Sugar.
 1 pint Milk.
 2 Eggs (yolks and whites separated).

1 oz. Butter.
 1 Lemon (rind grated,
 juice strained).
 Strawberry Jam.

Grease a pie dish with the butter. Mix the bread crumbs, one and a half ounces of castor sugar, and the grated lemon rind together, and put them into the pie dish. Beat up the yolks of eggs, add the milk, and pour them over the bread crumbs. Bake in a moderate oven for about one hour, then spread a layer of jam over the top of the pudding. Whisk the whites of eggs to a stiff froth, add the remainder of the castor sugar and the lemon juice, and put this meringue over the jam. Bake for a few minutes to set the whites of the eggs and serve cold.

SNOW CHEESE.

1 quart Cream.
 $\frac{3}{4}$ lb. Loaf Sugar.
 1 gill Sherry.
 Rind of 2 Lemons.

Juice of $3\frac{1}{2}$ Lemons.
 " Hundreds and
 Thousands " to
 decorate.

Rub the rind of two lemons on to the lumps of sugar. Squeeze the juice from the lemons and strain it

on to the sugar, add the sherry, and let them soak till the sugar has quite dissolved. Add the cream and whisk all together till very stiff. Turn the mixture into a small fine hair sieve (turned upside down) and leave it to drain all night. The cheese should be quite firm to the touch. Turn it out on to a dish and decorate the top with "Hundreds and Thousands." The cheese should have taken the round shape of the sieve.

SPANISH PUDDING.

$\frac{1}{4}$ lb. Ratafia Biscuits.	A few drops Carmine or
6, 1d. Sponge Cakes.	Cochineal.
1 lb. Raspberry Jam.	Cold Raspberry Sauce
4 tablespoonfuls Water.	(see page 81).
1 teaspoonful Lemon Juice.	Custard No. 1 (see
1 gill Whipped and	page 26).
Sweetened Cream.	

Grease a medium-sized pudding basin with butter, and line the bottom part of it with ratafias. Break the sponge cakes in small pieces and fill the basin with them as far as it has been lined, then finish putting the ratafias round the sides of the basin. Boil the jam and water together, add the lemon juice, and strain half over the sponge cake. Put in the remainder of the sponge cake and soak with the rest of the jam and water. Leave the pudding till cold, turn it out, and pour cold raspberry sauce over and round it. Colour the cream pale pink, put it in a forcing bag with rose pipe, and put a small rose of cream between each ratafia. Serve a sauce of cold custard with the pudding.

STRAWBERRY CROÛTONS.

6 Small Macaroons.	3 sheets Gelatine dis-
1 gill Sweet Jelly (melted,	solved in 1 tablespoon-
see page 77).	ful Water.
$\frac{3}{4}$ gill Whipped Cream.	A few drops Lemon Juice.
1 tablespoonful Strawberry	1 tablespoonful Brandy
Jam.	(about)
A few drops Carmine or	Chopped Pistachio Nuts.
Cochineal.	

Rinse out six small patty pans with cold water and coat them with jelly. Put a macaroon in each, sprinkle

each macaroon with a few drops of brandy, and fill up the patty pans with jelly. Rub the jam through a hair sieve and add the dissolved gelatine. Mix in the whipped cream, flavour with a few drops of lemon juice and brandy, and colour a pale pink with carmine. When the mixture is just going to set, put it in a forcing bag with rose pipe. Turn out the jellied macaroons, and pipe cream on top of each, pyramid fashion. Sprinkle with chopped pistachio nuts and decorate the dish with fancifully cut pieces of jelly.

TRIFLE.

4, 1d. Sponge Cakes.
6 Macaroons.
2 ozs. Ratafias.
 $\frac{1}{2}$ pint Custard No. 1 (see
page 26).
 $\frac{3}{4}$ pint Cream
1 teaspoonful Castor
Sugar.
 $\frac{1}{2}$ teaspoonful Vanilla
Essence.

1 oz. Almonds (blanched
and shredded).
 $\frac{1}{2}$ gill Brandy.
 $\frac{1}{2}$ gill Sherry.
Raspberry or Strawberry
Jam.
2 ozs. Royal Icing (see
"Tips for Tea,"
page 70).
Pink and Green Colouring.

Put the royal icing in a bag with a rose pipe. Arrange six ratafias in the shape of a triangle and join them together with dots of royal icing. Make four of these triangles and leave them until the icing has hardened. Split the sponge cakes, put a thick layer of jam between and cut each into three pieces. Arrange some of the sponge cake on a glass or silver dish, put on more jam, and half of the macaroons and almonds. Pour half the brandy and sherry over, and pile the remainder of the cakes, biscuits, and almonds on the top. Soak these with wine and pour over the custard. Whisk the cream with the sugar and vanilla essence to a stiff froth, and colour half a pale pink, half a pale green. Put each coloured cream into a forcing bag with rose pipe, decorate the trifle, and put on the prepared ratafias.

CHAPTER VIII.

JELLIES.

Apricot Jelly.

Claret Jelly.

Clear Cherry Jelly.

Clear Orange Jelly.

Clear Pineapple Jelly.

Clear Sweet Jelly.

Fig Jelly.

Rhubarb Jelly.

APRICOT JELLY.

1 tin Apricots.	2 ozs. Castor Sugar.
Juice of 1 Lemon	$\frac{3}{4}$ oz. Gelatine.
(strained).	$\frac{1}{4}$ Pint Water.

Rub the apricots and syrup through a fine wire or hair sieve and add the sugar and lemon juice. Dissolve the gelatine in the water, strain it to the fruit and pour the mixture into a wet mould. When set, turn out the jelly and serve with cream or custard

NOTE.—The pulp should measure five gills after it has been passed through the sieve.

Other fruit can be used.

CLARET JELLY.

$\frac{1}{2}$ pint Claret.	1 gill Water.
$\frac{1}{4}$ gill Brandy.	1 Lemon.
1 gill Raspberry Jam.	A few drops of Carmine.
1 teaspoonful Red Currant	$1\frac{1}{2}$ gills whipped and
Jelly,	sweetened Cream.
1 oz. Gelatine.	3 ozs. Castor Sugar.

Put the claret, jam, red currant jelly, gelatine, water, sugar, juice, and thinly peeled rind of lemon in a stew-pan over a gentle heat. When the gelatine and red currant jelly have dissolved add the brandy, colour with carmine, and strain the mixture through a piece of muslin. Pour a thin layer in the bottom of a glass dish and leave it to set. The remainder of the jelly should be put in a wet border mould. When set turn it out in the centre of the jelly in the glass dish. Put the cream in a forcing bag with rose pipe. Fill the centre of the border, and decorate the sides of the dish with cream.

CLEAR CHERRY JELLY.

1 bottle Cherries.	2½ ozs. French Leaf
¼ lb. jar Red Currant Jelly.	Gelatine.
Rind 2 Lemons (thinly	2 Whites and Shells of
peeled).	Eggs.
Juice 4 Lemons (strained).	A few drops Carmine or
6 ozs. Loaf Sugar.	Cochineal.
1¾ pints Water.	

Put the cherries with their juice and a quarter of a pint of the water in a stewpan and simmer them gently till they are very soft and their flavour extracted. Strain them and put the juice in a clean good sized stewpan with the red currant jelly, lemon rind, lemon juice, sugar, gelatine, water, and whisked whites and shells of the eggs. Crack about a quarter of the cherry stones and add the kernels to the other ingredients. Put the pan over the fire and stir with a whisk till the gelatine is dissolved. Whisk the jelly till it is almost boiling, stop whisking, and let it boil quickly for five minutes. Care must be taken it does not boil over. Draw the pan from the fire, put the lid on, and leave the jelly to settle for eight minutes. Turn a chair upside down, and rest the seat on a table. Tie a clean rather coarse tea cloth to and over the four legs, and put a basin underneath the cloth on the seat of the chair. Scald the cloth and have a second basin in readiness. Pour the jelly into the cloth. As it runs through, take out the first basin, slip the second one in its place and empty the jelly back into the cloth. This must be repeated until the jelly runs through quite clear. Rinse a mould with cold water, fill it with the jelly which (if necessary) should have been coloured with a few drops of carmine, and when set turn it out.

NOTE.—Raspberries and red currants can be used instead of cherries.

CLEAR ORANGE JELLY.

1½ pints Water.
Rind 3 Oranges (thinly
peeled).
½ pint Orange Juice
(strained).
Juice 3 Lemons (strained).

2½ ozs. French Leaf
Gelatine.
5 ozs. Loaf Sugar.
2 Whites and Shells of
Eggs.

Half whisk the whites of eggs and put them in a good sized stewpan with the other ingredients. Put the pan over the fire and stir with a whisk till the gelatine is dissolved. Whisk the jelly till it is almost boiling, stop whisking, and let it boil quickly for five minutes. Care must be taken it does not boil over. Draw the pan from the fire, put the lid on, and leave the jelly to settle for eight minutes. Turn a chair upside down and rest the seat on a table. Tie a clean, rather coarse tea cloth to and over the four legs, and put a basin underneath the cloth on the seat of the chair. Scald the cloth and have a second basin in readiness. Pour the jelly into the cloth. As it runs through, take out the first basin, slip the second one in its place and empty the jelly back into the cloth. This must be repeated until the jelly runs through quite clear. Rinse a mould with cold water, fill it with the jelly, and when set turn it out.

NOTE.—If liked the jelly may be set in baskets made of orange peel. Cut the oranges in halves, take out the juice with a spoon, and notch the edge of the peel with a knife.

CLEAR PINEAPPLE JELLY.

1 tin whole Pineapple.
1½ pints Water.
Rind 2 Lemons (thinly
peeled).
Juice 3 Lemons (strained).

5 ozs. Loaf Sugar.
3 ozs. Gelatine.
2 Whites and Shells of
Eggs.

Pound the pineapple and put it in a large stewpan with the pineapple syrup, water, lemon rind, lemon juice, loaf sugar, gelatine, and slightly whisked whites and shells of the eggs. Stir over the fire with a whisk

till the gelatine has dissolved, then whisk the mixture till it is almost boiling. Stop whisking and let it boil quickly for five minutes. Care must be taken it does not boil over. Draw the pan from the fire, put the lid on, and leave the jelly to settle for eight minutes. Turn a chair upside down and rest the seat on a table. Tie a clean, rather coarse teacloth to and over the four legs, and put a basin underneath the cloth on the seat of the chair. Scald the cloth and have a second basin in readiness. Pour the jelly into the cloth. As it runs through, take out the first basin, slip the second one in its place, and empty the jelly back into the cloth. This must be repeated until the jelly runs through quite clear. Rinse a mould with cold water, fill it with jelly, and when set turn it out.

NOTE.—Fresh pineapple contains a ferment which destroys gelatine. If it is used it must be first cooked, or the jelly will not set.

CLEAR SWEET JELLY.

1 $\frac{1}{4}$ pints Water.	Rind 2 Lemons (thinly peeled).
$\frac{1}{2}$ pint Lemon Juice.	2 $\frac{1}{2}$ ozs. French Leaf Gelatine.
$\frac{1}{4}$ pint Orange Juice.	2 Whites and Shells of Eggs.
5 ozs. Loaf Sugar.	
1 inch Cinnamon.	
2 Cloves.	

Proceed as for Clear Orange Jelly (see page 76).

FIG JELLY.

$\frac{1}{2}$ lb. Figs.	1 Lemon (rind grated, juice strained).
1 $\frac{1}{2}$ pints Water.	$\frac{1}{2}$ oz. Gelatine.
1 $\frac{1}{2}$ ozs. Castor Sugar.	

Put the figs, castor sugar, grated lemon rind and one and a quarter pints of water in a stewpan, and let them simmer gently till the figs are tender. Take out the figs, cut them in small pieces, removing any hard

stalks. Dissolve the gelatine in the remainder of the water, strain it to the fig syrup, and add the cut figs and the lemon juice. When the mixture is cool, and just going to set, pour it into a wet mould. When the jelly has set turn it out and serve alone or with custard.

NOTE.—Prunes may be used instead of figs.

RHUBARB JELLY.

Rhubarb, sufficient to measure one quart after it has been cut up.	Grated Rind $\frac{1}{2}$ Lemon.
$\frac{1}{4}$ pint Water.	$\frac{1}{2}$ oz. Gelatine.
1 lb. Sugar.	2 tablespoonfuls Water.
Juice of 1 Lemon.	A few drops Cochineal.
	$\frac{1}{2}$ pint Custard, No. 2 (see page 26).

Wash, skin, and cut into one inch lengths sufficient rhubarb to fill a quart basin. Put it into a stewpan with the sugar, the juice and grated rind of lemon, and a quarter of a pint of water. Simmer gently until the rhubarb is thoroughly cooked. Dissolve the gelatine in two tablespoonfuls of water and strain it to the rhubarb. Colour with a few drops of cochineal, beat the mixture briskly for a few minutes, and pour it into a wet mould. When set turn it out and pour the custard round it.

NOTE.—Other fruit may be used, but the amount of sugar and water must be varied according to the sweetness and juiciness of the fruit.

It may be necessary to pass the fruit through a sieve before adding the gelatine.

CHAPTER IX.

SWEET SAUCES.

Apricot Sauce.
Brandy Sauce.
Cherry Pudding Sauce.
Chocolate Sauce.
Cold Fruit Sauce.
Cold Raspberry Sauce.
Custard Sauce.
Foamy Sauce.
German Sauce.
Golden Syrup Sauce.
Hard Sauce.
Jam Sauce.
Lemon Sauce.
Orange Sauce.
Sweet Melted Butter Sauce.
Wine Sauce.

APRICOT SAUCE.

1 tablespoonful Apricot
Jam.
 $\frac{1}{2}$ pint water.
1 teaspoonful Cornflour.

2 tablespoonfuls Sherry.
1 teaspoonful Castor
Sugar.

Put the water, jam, and sugar in a stewpan over the fire and let them boil. Mix the cornflour to a smooth paste with the sherry, add them to the other ingredients and simmer gently for ten minutes, keeping it well stirred. Strain the sauce and serve.

BRANDY SAUCE.

2 Yolks of Eggs.
 $\frac{1}{4}$ gill Brandy.
 $\frac{1}{4}$ gill Water.

$\frac{1}{2}$ gill Cream.
 $\frac{1}{2}$ oz. Castor Sugar.

Put all the ingredients into a small stewpan and whisk them over a gentle heat till they are thick and frothy.

NOTE.—This sauce must not boil or it will curdle.

CHERRY PUDDING SAUCE.

2 tablespoonfuls Castor
Sugar.
1 tablespoonful Lemon
Juice.

1 tablespoonful Water.
2 ozs. Butter.
1 oz. Glacé Cherries (cut
into small pieces).

Put all the ingredients into a stewpan and bring them to boiling point.

CHOCOLATE SAUCE.

$\frac{1}{2}$ pint Milk.	2 ozs. Grated Chocolate.
1 teaspoonful Cornflour.	$\frac{1}{2}$ teaspoonful Vanilla
1 dessertspoonful Castor	Essence.
Sugar.	2 Yolks of Eggs.

Mix the cornflour to a smooth paste with a little of the milk. Dissolve the chocolate in the remainder of the milk, boil it up, and pour it over the cornflour. Return them to the stewpan, and boil gently for ten minutes, stirring continually. Add the yolks of eggs, castor sugar, and vanilla essence, and stir the sauce over the fire for a few minutes longer. It must not boil again, or it may curdle.

COLD FRUIT SAUCE.

3 ozs. Fresh Butter.	1 teaspoonful Lemon
4 ozs. Castor Sugar.	Juice.
$\frac{3}{4}$ gill Fruit Purée.	A few drops of Carmine
1 White of Egg (stiffly	or Cochineal.
whisked).	

Proceed as for Hard Sauce (see page 83).

NOTE.—One tablespoonful of ground almonds or cocoanut may be added instead of the fruit purée.

COLD RASPBERRY SAUCE.

2 tablespoonfuls Raspberry	$1\frac{1}{2}$ tablespoonfuls Water.
Jam.	A few drops of Carmine
1 dessertspoonful Lemon	or Cochineal.
Juice.	

Mix the jam and water and rub them through a fine sieve. Add the lemon juice and colour with carmine. It may be necessary to add a little more water.

CUSTARD SAUCE.

2 Yolks of Eggs.	$\frac{1}{2}$ oz. Castor Sugar.
$1\frac{1}{2}$ gills Milk.	A few drops of Flavouring.

Beat the yolks of eggs and sugar together. Nearly boil the milk, pour it to the eggs, return all to the stewpan, and stir the sauce carefully over a gentle heat till it thickens. Add the flavouring and serve.

NOTE.—This sauce must not boil or it will curdle.

FOAMY SAUCE.

2 ozs. Butter.	$\frac{1}{2}$ gill Sherry.
2 ozs. Castor Sugar.	Juice of $\frac{1}{2}$ Lemon
2 tablespoonfuls Boiling	(strained)
Water.	2 Yolks of Eggs.

Put the butter and sugar in a basin and cream them together till they are white, beat in the yolks of eggs. Stand the basin over a saucepan of boiling water, add the other ingredients by degrees, and whisk the sauce until it becomes thick and frothy. It must not boil.

GERMAN SAUCE.

2 Yolks of Eggs.	$\frac{1}{2}$ oz. Castor Sugar.
$\frac{1}{2}$ gill Sherry.	

Put all the ingredients in a small stewpan and whisk them over a gentle heat till they are thick and frothy.

NOTE.—This sauce must not boil or it will curdle.

GOLDEN SYRUP SAUCE.

2 tablespoonfuls Golden	2 tablespoonfuls Water.
Syrup.	2 teaspoonfuls Lemon
	Juice.

Put all the ingredients in a stewpan over the fire. Boil and serve.

HARD SAUCE.

2 ozs. Fresh Butter.
 4 ozs. Castor Sugar.
 ½ teaspoonful Vanilla
 Essence.

1 dessertspoonful
 Brandy.
 1 White of Egg (stiffly
 whisked).

Cream the butter and sugar till they are white, add the flavouring and stiffly whisked white of egg. Heap the mixture in a glass dish and put it away in a cool place to harden.

NOTE.—If liked this sauce can be spread on a plate about three-quarters of an inch thick, then when firm it can be cut into small square blocks and served on a dish with a lace paper.

JAM SAUCE.

1½ tablespoonfuls Rasp-
 berry or Strawberry
 Jam.
 1 teaspoonful Lemon Juice.

1 oz. Castor Sugar.
 1 gill Water.
 A few drops of Carmine
 or Cochineal.

Put all the ingredients in a stewpan and simmer till a thin syrup is formed. Strain the sauce and it is ready for use.

LEMON SAUCE.

½ pint Water.
 ½ small tablespoonful
 Cornflour.

1 Lemon.
 1 tablespoonful Castor
 Sugar.

Peel the rind of the lemon thinly, put it in a stewpan with the water, and let it come slowly to boiling point. Mix the cornflour to a smooth paste with the lemon juice and pour it to the boiling water. Add the sugar and let it simmer for ten minutes, stirring it continually. Strain the sauce and serve.

ORANGE SAUCE.

2 Yolks of Eggs.	}	2 tablespoonfuls Castor
Juice of 2 Oranges.		Sugar.
$\frac{1}{2}$ Wineglass Sherry.		

Put all the ingredients into a small stewpan and whisk them over a gentle heat until they become thick and frothy.

NOTE.—The sherry can be left out if preferred.

SWEET MELTED BUTTER SAUCE.

1 oz. Butter.	}	$\frac{1}{2}$ pint Milk.
$\frac{1}{2}$ oz. Flour (light weight).		$\frac{1}{2}$ oz. Castor Sugar.

Melt the butter in a stewpan, add the flour, and cook them for two minutes (do not let them brown). Draw the pan off the fire, add the milk by degrees, then stir the sauce over the fire till it boils. Add the sugar, simmer for seven minutes, and the sauce is ready to serve.

WINE SAUCE.

Proceed as for Jam Sauce (see page 83), and add $\frac{1}{2}$ gill Sherry.

DIRECTIONS

For Making Infants' Food from

ROBINSON'S
"PATENT"
BARLEY
"IN POWDER FORM"

Take one good dessert-spoonful of "Patent" Barley, add a good pinch of salt, mix well with a little cold water to a smooth paste of the consistency of cream, add two-thirds of a pint of boiling water, simmer gently, stirring all the time for six minutes.

In a separate vessel bring one-third of a pint of pure milk to boiling point, and add to cooked Barley. Stir well and sweeten to taste, give a portion (milk warm) through a feeding bottle.

GRUEL should always be made from

ROBINSON'S
"PATENT"
GROATS
"IN POWDER FORM"

ACCORDING TO THE FOLLOWING RECIPE:—

Take of the "Patent" Groats, one table-spoonful, mix with a wine-glassful of cold water, gradually added, into a smooth paste, pour this into a stewpan containing nearly a pint of boiling water, or milk, stir the gruel on the fire (while it boils) for ten minutes; pour it into a basin, add a pinch of salt and a little butter, or if more agreeable, some sugar.

NOTE.—When Gruel is made for an invalid, butter had best be omitted.

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RUSSIAN CAKE.

8 Eggs.
4 ozs. Melted
Butter.
Almond Paste (see
below).
Coffee Essence.

8 ozs. Castor Sugar.
6 ozs. Flour (sifted).
Apricot Marmalade
(see page 73).
Carmine.

Put the eggs into a basin and whisk them for five minutes, add the castor sugar and whisk again for five minutes, put the basin over a saucepan of boiling water, and whisk for ten minutes. Stir in lightly the flour and melted butter, and pour one-third of this mixture into a small square cake tin lined with buttered paper. Colour half of the remaining mixture a pale brown with coffee essence, and half a pale pink; bake each in a small square cake tin lined with buttered paper. Roll out some almond paste to a third of an inch thickness, line a wafer biscuit tin with it and brush over the inside of the tin with apricot marmalade. Cut the three kinds of cake into strips half an inch in thickness and lay them on

to the almond paste, the colours alternating. Brush over with the apricot marmalade and place on another layer of cake. Proceed in this way until the tin is full, cover with almond paste, put the lid on the tin, and allow it to stand for a few hours. Turn out the cake, sprinkle it with sugar, and it is ready to serve.

MADRAS SANDWICHES.

2 hard-boiled Yolks of Eggs.	½ teaspoonful Chutney.
Salt, Pepper, Cayenne.	Thin slices of Bread and Butter or
1 dessertspoonful Anchovy Paste.	Sandwich Rolls and Butter.
1 oz. Butter.	

Pound the yolks of the eggs, chutney, anchovy paste, butter, salt, and cayenne together in a mortar, then rub them through a hair sieve. Spread some of the mixture on to a slice of bread and butter, put another slice on top, and cut into fancy shapes.



